

The vote  
that could  
change  
Canada  
P.24

## HOW HEALTHY ARE YOU?

EXCLUSIVE SURVEY: Canadians' biggest medical  
problems and what to do about them P.41

HOW TO  
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HIGH  
HEELS  
P.66

# MACLEAN'S



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THIS WEEK

## Interview

**36 | CHRISTOPHER BUCKLEY**  
Kenneth Whyte talks to the son of the U.S.'s royal couple of conservatism about his family memoir

## Newsweek

**8 | TURNING THE PAGE**  
Steven Page is acquitted of drug charges. Berlusconi's mental torments accelerate this star's pop tragedy

## Columns

**10 | PAUL WELLS**  
Stephen Harper hopes that pawns are the new queens in his pre-election campaign photo ops

## 12 | ANDREW POTTER

Quarantine period is becoming even more questionable in the hands of rockers, MPs and minority governments

## 14 | CAPITAL CLARY

Mitchel Raphael covers drug customs and berlesque at the Liberal convention in Vancouver

## National

### 20 | BLOWIN' IN THE WIND

Andrew Cayne argues that Michael Ignatieff is a flag-popper opportunist devoid of ideological consistency

### 22 | 21st-CENTURY LEADER

Peter C. Newman argues that Michael Ignatieff is a post-modern, credentialist leader with charm to spare

### 24 | VOTING THAT COUNTS

B.C. is holding a referendum on the single transferable vote system, which could reform all Canadian elections

### 26 | HATCHERY MATTERS

Female MPs that mas want to have a baby can be docked pay, why sales are down in Wyoming? Sex, bars

## World

**30 | IRANIAN ENGAGEMENT**  
Upcoming elections in Iran won't have much of an effect on Western relations—direct dialogue will

# MACLEAN'S

VOLUME 132 NUMBER 18, MAY 18, 2009 • SINCE 1905

3 From the Editors • 4 Mail Bag  
7 Seven Days

MAY 18-25, 2009



P.22

Michael Ignatieff does a ceremonial sign at the Liberal convention

## THE BACK PAGES

### 60 | Film

The man who said: 'It's back.' Is gone. How will Terminator Salvation stack up without Arnie?

### 64 | Books

E-books are no-match for a compelling new illustrated book that roams outside the lines

### 65 | Fame

Justin Timberlake's journey from boy-band legend to S&P star

### 66 | Help

Strating in vehicles is no walk in the park

### 67 | Music

Steve Nicks discusses the life of Fleetwood Mac, attack and why Lindsey Lohan will never star in her biopic

### 68 | Style

How the long underwear guys are coming to Hollywood's rescue

### 71 | Food

Look: 21st century, it's over. It's not us, it's you

### 72 | The End

Michael "Mike" Quin, 1970-2009

on the cover: Our economy, clanking and screeching back to life

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## World (continued)

**32 | MEXICO'S DRUG WARS**  
President Felipe Calderón's government tries a new approach in the fight against the drug cartels

## 34 | YOU MUST SMOK

A visit to Aschewitz for Polish cornucopia. Forced cigarette smoking in China, NATO and Moscow just can't get along

## Business

### 36 | COVER STORY GOOD NEWS

Some experts say we've seen the worst of it and that there's even cause for optimism. What to expect as the economy comes back to life.

## Health

### 41 | HOW HEALTHY ARE YOU?

A Maclean's Special Report. Take our Q-GAP test and compare your physical and mental well-being with more than 10,000 other people

### 45 | HARD ITCH TO SCRATCH

Skin conditions such as psoriasis and eczema can be difficult to treat, but scientists are starting to make progress

### 47 | SIZE ISN'T EVERYTHING

Current methods of measuring obesity might not be telling us the whole truth about the risks of extra weight

### 50 | IT'S ALL IN YOUR HEAD

New treatments for those who suffer from tension and migraine headaches might offer welcome relief

### 54 | READY FOR THE WREST

No need for some of the gimmicky aspects of Canada's pandemic plan just yet, but health officials are prepared

## Vancouver 2010

### 56 | GARBAGE GAMES

Despite VANOC's lofty goals for waste reduction, it's ultimately up to the corporate sponsors and performers to create truly green Games

## Science

### 58 | CHEAP AS A NO CHRISTMAS

James Oliver's new cookbook offers hard-times-inspired recipes—cheap to make, but taste like a million bucks



# 'WestJet may be the model of the future, but it is a niche regional player in the peewee league'

## LIVE AND LET LIVE

**YOUR ARTICLE** ("What Canadians think of Sikhs, Jews, Christians, Muslims," *National Mail* 4) was both shocking and terrifying. However, I take issue with the use of the words "religious" and "faith." You use both terms, sometimes even in the same paragraph, but they are two separate things. Religion is manufactured by people in a brainwashing, money-grubbing tool that only fuels division and hatred. Faith involves knowing enough from something bigger than you feel inside yourself—no corruption or division involved. Your article is really about differences in culture, not discrimination.

Christina Aboon, Lethbridge, Alta

AS A CHRISTIAN, I would prefer that you name many Christians. I don't think me make me insolent, but sensible. I would expect that Muslim parents have more preference for their own religion when it comes to chastity than me. That's not intolerant either. I want my grandchildren to go to Sunday school, to sing the same songs and say the same prayers as me. As far as living in a multi-cultural society, I enjoy contact with others of other religions and nationalities and have happy relations with them just by being happy with anyone. *Elaine Newville, N.S.*

I DON'T HOLD "positive view" of any of the religions. They aren't without corruption, an appealing misreading of Bible, heavily reasoned with ignorance, venom and violence. That doesn't mean I'm intolerant of people who hold sincere religions. Love and let love—let's that what tolerance is really about? But when women of a religion are treated as sex and child, why on earth would I want my loved children to marry into any of them, or have my grandchildren's heads filled with poisonous ignorance? Why would anyone want that?

George Patrick, Oakville, Ont.

I AM AN IMMIGRANT to Canada, arriving in 1978 from my birth country in Europe, where I lived the political system I wish the day that I became a Canadian citizen. I never wanted Canada to change for me. From day one I tried my best to be a good Canadian. Multiculturalism has been one of the great mistakes this country committed against itself. It is one thing to let newcomers keep

their customs and religion, but encouraging them to stay different from average Canadians was asking for trouble. *Gabriel Kirk, Regina, Ont.*

THE WORD "tolerance" implies inequality. I am superior to you and will begrudgingly allow whatever you are doing as long as you are. Let us move beyond simply tolerating each other and find a way to accept each other in the true spirit of equality—for that is one of the defining qualities of being Canadian.

Andrea Naar, London, Ont.



MOST RELIGIONS, especially the Abrahamic ones, have numerous descriptions describing what to do to the unfed. Just as in the Bible. The next question to your survey should be: "Would you be violent toward another human because of their different beliefs?" I believe that in Canada, the answer would be: No. Small populations of religious adherents who are violent make me as every day. Large numbers of people from all religions are not violent, and therefore are not newsworthy. *Larry Roberts, Surrey, Ont.*

POLLS REQUIRE: yes or no responses, philosophical discussion is not accepted. If I do not "view Islam in a favourable light," I may be that I feel all religions are bunk. If I do not want my children to marry Muslims, it may be because I am afraid of them or about a church wedding. The questions are about religion, not people. While I have given some

people answers to some complicated questions, I am also learned in various religious texts by the very person who asked them! *Charles Whelan, Toronto*

## AIR TURBULENCE

THE NEWS ON "WestJet's plan to crash Air Canada" (Thames, May 4) was overwhelming, if only for its guarantee never to occur. I've been asked twice by Air Canada's discernible overlookings and sales if I've confirmed, I can't go bankrupt soon enough to start me. Now, if only WestJet took over international routes as well. *Jim Harris, Ottawa*

IF WESTJET is out to crash Air Canada it has a long, long way to go. Capturing the lion's share of the domestic and discount market is a feat, but tracing the more lucrative business market with big branches on a medium-range aircraft will not fly very far—quite literally. It will not be bigger long-range aircraft, different routes and staff that can operate on one, because it will have to be competing against the world's big players. Air Canada does this on a daily basis. There are magnitudes of trouble when competing the way WestJet may be chosen as "model of the future," but it is a niche regional player in the peewee league. *Frank Ray, Toronto*

YOUR ARTICLE is just realistic fluff. Have you forgotten Wright's exonerated corporate espionage on Air Canada's employee travel website? Further, I think it outrageous that you would imply that we Air Canada pilots would go out of their way to act in anything but completely professional manner. Claiming for Air Canada to go bankrupt is counterproductive. Healthy competition is vital to keep companies lean, provide good customer service and a cost competitive product. This is just one chapter in our history with many more to come. *Capt James G. McGowan, Grosse Ile, Mich.*

## IMMIGRATION NATION

AS AN IMMIGRANT, I had no issue with this article of Immigration Minister Jimmy Kennedy's opinion (Thames, May 4). But I disagreed with the reporter's headline about an immigrant "beginning to assimilate." I am a mandated people is not offensive to liberal values. "The values

of some of these like-minded communities aren't simply being ignored by the rest of us. If we interpret liberalism as allowing anyone to take over Canada, then we risk the death of our own liberalism. It's our duty to shape immigration policy to ensure that this does not happen. *Fred Mowat, Ottawa*

JACOB KENNEDY makes it clear that Canada has the highest per capita immigration of any developed country, and that he thinks this is



JACOB KENNEDY would like all Canadians to understand more about our political system. He should start with the Tories.

a good thing. All our national political parties pay lip service to the notion that immigration is good. Where is the debate that should take place around this issue? *Harold Wilick, Cambridge, Mass.*

JACOB KENNEDY would like all Canadians to understand more about our political system. Most Conservatives displayed a vocal—or perhaps silent—ignorance of our system when confronted with the prospect of a legal code on government. Indeed, many members of the government itself went out of their way to describe such a prospect in legalistic and legal. When our parliamentarians are sufficiently educated to understand the system, we can be assured that only multi-faceted information will be disseminated by our government. And pigs will fly. *Daniel Phoenix, Strathroy, Ont.*

## HAVE MERCY

YOUR PRICE is just Madonna's Maiden adoption ("Lightning in a Bottle," *Thames*, April 13) quoted in Ontario's News of the Week. The fact that U.K., which is just one of 18 national organizations serving children in 120 countries. Save the Children Canada supports international adoption when it is in the best

interest of the child and in those cases when all legal conditions are met. Madonna's adoption is child protection, and Madonna is following the legal channels to adopt Mary. It is within her right to appeal the court's decision. Save the Children Canada wishes to see discussion that place Mary's best interests at the centre of debate, and so far, that's what all the players have done. *David Morin, President and CEO, Save the Children Canada, Toronto*

## NO ACCIDENT

THE B.C. SUPREME COURT ruling that Roadolph Gibbins' conviction of negligent manslaughter as an accident that ought to be covered under insurance ("Man claims \$200,000 for herpes," *National Mail* 4) is a dangerous legal precedent. What about the three women Gibbins had unprotected sex with? Did the first one have herpes or the last one? The alien that women are boys and combined episode of when no longer needed to lead a tough, but now when a man can really understand why he has himself with the boys he can't see? There's a moral issue here, and since

what does everybody do this payee from their anniversary? Gibbins and the B.C. Supreme Court have a lot of concerns they both side doctors and expect everybody else to pay for the consequences. *John Adams, Okanagan, Ont.*

SINCE I ENTERED the insurance business some 50 years ago, the "accident, violent and sudden causes" clause has been the standard definition of an accident in the insurance industry. It has been the subject of litigation by people attempting to overturn the definition of an accident, and upheld as meaning an "unforeseen outcome of some infection." If the B.C. courts had researched this properly they would not have come to such a conclusion. Presumably the Supreme Court will strike the decision down if not, it will destroy the small ability of accident insurers to make Canada an international laughing stock. *Charles Galloway, Thornhill, Ont.*

We welcome readers to submit letters to either *Arts & Letters* or *Arts & Letters*, 1118 Fleet St., Suite 100, Ottawa, Ontario, K1P 6Y5. Please include your name, address and daytime telephone number. Letters may be edited for space, style and clarity.

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# BERLUSCONI LANDS IN THE DOGHOUSE AGAIN, BARBIE GETS INKED, STEVEN PAGE IS OFF THE HOOK

## NEWSMAKERS

### Renowned justice

For six months, former Justice of the Peace Lord Justice Steven Page passed random drug tests, underwent therapy, and generally kept his nose clean as per the conditions laid out for him by New York Judge Thomas Malfer following Page's arrest last summer for drug possession. At a hearing last Friday, Judge Malfer dismissed all charges against Page, as well as those against his girlfriend Christine Beaudoin, and her roommate Stephanie Ford. "I talked to Steven 20 minutes ago, and he's cleared," said Page's lawyer.



STEVEN PAGE

When asked how his client has been occupying himself, Mahoney volunteered, "He's been writing songs, working on a book, and working out the possibility of performing some kind of Broadway show."

### Nobody is sorry

Antipathy between Italy's billion-aire Prime Minister Silvio Berlusconi and his fiery wife almost 20 years, Veronica Lario, continues to escalate. On Monday, Berlusconi told the press that divorce is unavoidable unless Lario apologizes to him for her recent spate of media comments. The trouble began after reports surfaced in the Italian press that Berlusconi planned to file a number of beautiful women, dubbed by media as the "show girl" candidates, in the upcoming

elections. In an email to the Italian news agency Ansa, Lario called out, calling Berlusconi's "show girls" "subliminal," designed solely to "entertain the audience." On Sunday, Lario confirmed that she wanted a divorce. She said, "My children and I are victims and not accomplices in this situation. We must end it and it causes us to suffer." Berlusconi expressed his anger in a letter that allowed media reports to get her riled up. But he also admitted, in his defense, "we're talking about three talented girls out of 72 candidates. And what's wrong if they are also

cats?" Ultimately, only one of the "show girl" candidates, former Miss Italy, was selected for the final list. As for Berlusconi, the former Minister says he doesn't know if he's willing to pitch out "Monica" will have to publicly apologize to me," he said. "And I don't know if that will be enough."

### Silly Twit

Last week, Sinn Féin's 40, a junior British MP from Birmingham, Ken Hollingsworth, was the victim of an attack when he crashed a picnic on his former party employee that Susan Boyle, the famous Irish singer, was singing to the crowd. In his post, he wrote "I'm not saying Susan Boyle caused some flu. I'm just saying that nobody had considered the virus on TV, people got more flu." Sinn Féin's fellow MPs were disgusted by his comments, not only to Boyle, but to the growing number being affected by the H1N1 virus. On Monday, Britain's Health Protection Agency confirmed new cases of swine



VERONICA LARIO AND SILVIO BERLUSCONI

flu, five of whom were children, raising the national total to 23. Sinn Féin later removed the comments and posted an apology. The minister is facing a suspension for unexcused absence at himself in 2006. Sinn Féin was excluded by both official parties for a special video he made about Britain's Conservative Party Leader David Cameron, in which he, posing as Cameron, offered voters a chance to sleep with his wife.

### Fallen star

Amos Udo, a burgeoning pop star in Pakistan who sang in his



SUSAN BOYLE

native Pakistan, was shot and killed in the city of Islamabad last week, allegedly by his two brothers who considered her performing on television, deemed a sinful act for a woman. The incident was interpreted as a warning signal to women in Pakistan, a city increasingly dominated by Islamic fundamentalism. Many of Udo's fellow performers have already received death threats from fundamentalist groups. Udo was a divorced mother of two who remained only 10 days before she was killed. Her brothers, accused of gang rape, allegedly killed her before while her husband was out, and shot her three times in the chest. Neither has been detained. Amos Udo's last song, called "I died but I'll live again the living, because I live on in the dreams of my lover."

### Nanny diaries

The Tories to start caregivers are alleging that Liberal MP Buddy Dhillon, 36, and her family hired them illegally and mistreated them, stealing their passports, and forcing them to live alone, with cars, and clean a couple's apartment and Dhillon's brother Neil's psychiatric clinic. Accord-

ing to Magdalena Gordo, 31, and Rachel Young, 37, who spoke to the Toronto Star, Dhillon had three to care for her mother. Buddy Dhillon in early 2008. But instead of doing housekeeping work, they say they spent 12 to 15 hours a day, five days a week, doing manual labour for \$150 a week. "Her mother had no idea about anything," Gordo said. "She wanted a clean, not a caregiver." They also claim that her parents were not from there and that their work permits, as per Canada's Law in Citizenship Program, were not in order. Dhillon, who is the Liberal candidate for youth and included her allegations, says she's "shocked and appalled." "Anyone who has ever worked in our home has been treated with a lot of love, with a lot of care and compassion," she told the Star. "And money has never, ever been withheld from anyone."

### Barbie, Ink

Call it a mid-life crisis, or an experiment in getting her groove back, but to celebrate her 50th, Barbie is getting inked. At a party in Malibu, the Barbie doll was the star of a tattoo show called "Tatty Barbie's Tattoos Barbie," featuring a tattoo "pink and dozens of hearts, stars, and butterflies" to be placed anywhere on her body. One tattoo designed to open her lower back is even emblazoned with the name of her long-time boyfriend, "Ken." Of course, inked parental groups see this latest attempt to make Barbie edgier as irresponsible. Ed Mayo, the chief executive of Consumer Focus, says parents will now have to find reports from children who were forced on their own bodies. On a group of mothers of three, Colleen Pope, 31, told London's Daily Mail, "Barbie should be at the high end of fashion, not the cheap end. What ever will they bring out next?" Drug-addicted Barbie? Alcohol Barbie?

### As seen on Youtube

When the wife of Marc Saphire, a surgeon from Cornwall, U.K., went into labour in the night, he called the midwife, as they'd rehearsed. But the midwife was tied up and advised them to call an ambulance. Soon, it became apparent to Saphire that there was no time to waste, so he was having contractions every five minutes and the baby was coming, midwife or no midwife. And as he did what any modern man would do—he searched YouTube for instructional videos on delivering babies. "I Googled how to deliver a baby, watched a few videos and basically coached myself," Saphire told the BBC. Their baby, Gabriel, 5 lb, 5 oz, was born about the picture of health. Saphire's ordeal, however, in the Royal Navy for helping his own child.

### Royal trespassing

One misadventure to set foot on the Queen Elizabeth II's lawn at Windsor Castle. In late the royal grounds for acts of civil disobedience. But last week, two men were arrested for trespassing on the royal grounds. In addition to bringing an ambulance, wheelchair, and food and medicine, he got \$45,000 to the elected Harris government, though he says he does not support Harris. Immigration Minister Jason Rigney admitted to use his ministerial powers to

warden, the other chief began patting the officers with his hands. The officers managed to whisk the protesters to safety. Some observers say the incident justifies the use of arrest of the clock protection for Targem and her sister, Rosemary, 30, at a cost of \$400,000 per year. Even though the province is paying her own way on her own work retraining economy and language skills, breadfruit, honey with fresh—the big budget for her security team, which travels between cities and stays in more comfortable hotels, is said to be \$30,000.

### Name calling

British MP George Galloway, an outspoken and war activist, has not forgotten the cool reception he received at the Canadian border earlier this year. Back in March, Galloway was scheduled to make several public appearances in Canada as part of a speaking tour, but was barred from the country under a section of the Immigration and Refugee Protection Act which denies entry to those who provide material support for terrorist groups. Three weeks later, Galloway had delivered humanitarian aid to the Gaza Strip following Israel's three-week offensive against Hamas. In addition to bringing an ambulance, wheelchair, and food and medicine, he got \$45,000 to the elected Harris government, though he says he does not support Harris. Immigration Minister Jason Rigney admitted to use his ministerial powers to



ROSEMARY GALLOWAY

intervene on Galloway's behalf at the border. Rigney recently told Montreal's *Le Soleil*, "The issue was not about what he might do or say in Canada, it's what he is making financial contributions to an organization that uses money to buy engines and send them to school buses and doctors." Galloway had last week that he is being held in a support room and the hands of the Canadian Jewish Congress and if he is held of Canada. "I welcome robust criticism," he said in a statement issued Friday, "but the comments made about me crossed the line. They are not only untrue, they are outrageous."



GEORGE GALLOWAY











## 'One night Teddy Kennedy was there and it was late. He asked to borrow a car. My mother said, "Don't give him one!"'

CHRISTOPHER BUCKLEY TALKS WITH KENNETH WHYTE ABOUT GROWING UP BUCKLEY, LOSING HIS PARENTS, AND FACING DOWN THE RIGHT

**Q** Your father was a leader of a conservative movement in America for 50 years, publisher of *National Review*, host of *Nightline* for 18 years, a social force in New York and America, a writer of 10 books, a father and a family man. How could you reach these things in importance to him?

**A** You mean what was most important to him in his career? Probably *National Review*, the magazine that he founded in 1955. That was his most important single endeavor, because it made conservatism respectable again at a time when it had been in pretty precipitous decline.

**Q** And among the other accomplishments where does father and family man belong?

**A** He was devoted to both these departments but he was also a great man—in the literal sense of that term—and that takes time, so it becomes a sort of a complex equation. He was away a lot and so he wasn't always available. But that's a trade-off you make. My mother, my Canadian mother, was a devoted wife to him and made his home really quite spectacular, and they were very much on the social scene, and she gave him a dose of glamour. Which is funny when you consider that she always used to call herself a single girl from the backwoods of British Columbia.

**Q** She was a daughter of a prominent Irish-Columbian businessman and ended up in private schools, Harvard, and she went from the street to have been the fishwife.

presence and the social dynamics in the relationship.

**A** Yes, very much. Her parents, Austin Taylor and Kathleen Taylor, were big deals in Vancouver—they were civic leaders and he owned homes in the Kentucky Derby—and my mother grew up a debutante. And when she and my dad were married there were about a thousand guests at their reception. It was the biggest wedding, up to that point, in Vancouver's history. It was a big deal, you know, motorcycle escort. I didn't have a motorcycle escort at my wedding!

**Q** It was an endearing relationship.

**A** They were married in 1950, just in the Roman War was breaking out, and she died in April 2002, so 52 years.

**Q** You mention that there were fights, times of tension between them.

**A** Yeah, sure. Show me a marriage that doesn't have any of that and I will not believe you! They were both larger-than-life characters, and he was impossible in his way and she was impossible in her way. I remember when I was very young he came back one day and said, "Oh, Decker, there will be 12 for dinner tonight, not four." That was at 5:30 in the afternoon. Well, how would you feel? I think I would have thrown a piece of cracker at him. He was used to being taken care of and she always took care of him, and even when she was drunk with him, not speaking with him—which was probably about a third of the time—she would provide the dinner for 12, or if he was going away on a business

trip he would pack his clothes and make sure he had everything, even if she wasn't speaking with him, because it was the way she'd been raised. Her mother had taught her that you take care of your man.

**Q** Do you remember Losing Moon and Puff, the two amazing animals that your mother owned in the Kentucky Derby?

**A** Well, they were in Switzerland for 40 years and lost 25 of those years by owned a chicken, an honest-to-goodness chicken named Gouda, and that was that after dinner everyone would go down and point. My dad had set up a room in a painting and, and everyone came. Princess Grace and Rebecca West and David Neven and Roger Moore and dozens of lords and queens. One night Teddy Kennedy was there, and it was late. He said, I guess, he asked them out to go back to Gouda, so he asked if he could borrow a cat, whereupon my mother said, "Don't give him one! There are two ladders between here and Gouda!"

**Q** You mention your mother's tendency to call whoppers—she is, you might say, a recent reveal her—and one of the stories was that when she was young, the king and queen of England would meet at her place in Vancouver. Why do you do that?

**A** At some times when you tell a story you reach a little bit too far back to make the story a better one. But she did have some earlier living memories: she never finished college

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# SO MANY QUESTIONS, SO FEW ANSWERS

The convention was a love-in that told us nothing about Iggy

BY ANDREW COOTE

The question is not, what does Michael (Iggy) do? It is, what does he stand for now? It is not, what would he do in power now? It is, what would he do differently?

Seldom has any political candidate entered public life with so much of his philosophy already on the record, with 15 books and countless newspaper and magazine articles on his name. Iggy's life is one long paper trail. Five years after his return to Canada, still five months after becoming the de facto Liberal leader, he is again an enigma, aided in no small part by his penchant for dissenting or previously held positions when they prove controversial.

His support for the invasion of Iraq? That was in his former life as a devoted academic. As a practicing politician, he would have written to the New York Times, he could no longer afford "the luxury of entertaining ideas that are merely interesting."

His enthusiastic embrace, during his 2006 campaign for party leader, of the carbon tax? In the wake of the party's crushing defeat at the polls last October, that, too, is no longer operative. "You've got to work within the grain of Canadians, not against them."

Or take the act of apparently seeing progress for "nation building" advanced in his latest work, *The Next Live* (a high-profile rail line from Quebec City to Windsor, for softening the Trans-Canada Highway in the future, most to come, for a "national energy strategy" aimed at directing the flow of oil and hydroelectricity from north to south to east west).

Oh, that. Well, he wasn't necessarily endorsing any of these, you understand. They were just ideas. "It's not a political question," he told a CBC reporter. "It's not the place of the Liberal Party."

So it is with much of Iggy's record. They are views. They are not positions. As a writer, and as an expert, living ahead



for most of his adult life, he has not had to dig in behind a policy (Iraq is perhaps the exception), to defend it in the swirling heat of a political campaign, or respond over and over again until it escapes itself or the public mind as a part of who he is. Even the 2006 leadership campaign was largely an inner party affair, while his last successful bid for the leadership was carried out mostly behind closed doors. That is why, notwithstanding his abundant writings, he remains a blank disc for most Canadians.

That may be about to change—as his press conference following last weekend's convention, Ignatieff said the party would have a detailed, coordinated plan ready by next month

but there is little to suggest it will signal any brave departure—from modest wisdom, from Liberal orthodoxy, from the status quo, or, in many respects, from the Conservative.

That he has been anything less than an environmental proponent in the past. He showed as early as 1992 how he felt about the Liberal consensus over the miner's strike in Britain, a heavy irony but as bold as his later defence of the Iraq war. His advocacy of the carbon tax was newly-discovered and often fully at odds, by some others, Stephen Driedge—his own endorsement, in the same campaign, of recognizing Quebec as a "nation." Indeed, in the latter regard he went further than any federal leader has been willing to go, before



## He disowns previously held positions when they prove controversial

of modern liberalism or conservatism, for that matter.

He plenty has some familiarity with environmental issues. At Cambridge, his work focused on the political economy of the Scottish Highlands—Scottish, there and all that. In his grasp of the subject were, at one time, a lot of people, and based up in the Pacific North's extensive suspicion of anything he regards as "ideology." Which is to say, coherence.

That he is an informed citizen in general, but deficient in the present. He is for free trade, but also for "fair" trade. He does not explicitly call for a tax hike, but neither has he ruled out. It is unlikely that he would subject the country to such disparate experiences in industrial strategy ("government cannot predict about the economic opportunities of the future will emerge"), it is equally hard to imagine him pulling government out of any sectors it is now in.

He seems especially prone to the value added fallacy, the notion that secondary processing is usually preferable to mere resource extraction. The 2006 platform, for example, vowed "to increase the amount of food processing in Canada," as part of a "national food policy" that also pledged "to increase the market share of Canadian food consumption provided by Canadian producers." He is equally vocal, in his latest work, that "so much of the oil and gas we produce flows south to meet men being processed" through as added, perhaps.

Energy policy is a particular source of confusion. He promises to "make sure each department on Earth" but he defends Alberta oil sands development as "an integral part of the future of Canada." He will not oppose a

carbon tax, you must know that without it, or something very like it, we have no hope of meeting our targets for greenhouse gas reductions.

But then, economics is not really his thing. As he said in his first speech as a Liberal convention, back in 2006, the Liberal party has three essential preoccupations: national unity, national sovereignty, and social justice. "Every thing else," he said, "is detail."

Very well. Let's deal with those in order. Ignatieff often speaks of Pierre Trudeau as his inspiration. The rhetoric is similarly packed with allusions to One Canada, bound by a "spirit of citizenship," united in the equal enjoyment of common liberties. He is an advocate of federal power, pointing out that

we are already the world's most decentralized federation. He has written at length in defence of "ethnic nationalism" against the diversification, even barbarism, of ethnic minorities.

Yet, enthralled by the "last word" of his mentor and biographer's subject, Basil Beatty, he is willing to concede patriotism and legitimacy to those same forces of division, in the name of that most sacred of postmodern values, recognition. He prizes as a defining Canadian value the collector's power (he says "right") to suppress local rights in matters of language. His 2006 platform proposed not merely to "recognize" the Quebec canon, as in the Conservative resolution the House of Commons eventually endorsed. It was to promote Quebec's status as such in the Constitution, along with that of hundreds of Aboriginal nations, with whatever legal and political repercussions that entailed. He is less Pierre Trudeau than Chretien Taylor.

Indeed, for someone who has written so thoughtfully about the excesses of national sin abroad, he seems to have absorbed a peculiarly vulgar form of Canadian expression. While he disavows the National Energy Program and other artifacts of 1980s economic nationalism, his nation building proposals are a retreat even further into the past, as the railway nationalists of Sir John A. He repeats all the most dreadful national delusions that are the meaning of "This people" (surely unidentifiable, nobody in Confederation thought that way). His own recent national motto is "Peace, Courage and Good Government." In a national legal bibliography, in this a defining passage, it is rather to be found in the preamble: "a constitution similar in principle to that of the United Kingdom," that when asked Canadian status from the United States is an admission to a laundry list of Liberal policies (thus reading out of



Clockwise from top left: Stephen Driedge, Anne Christine Paul Martin, Ignatieff

or else (if he does say that as praise)

But ignorance of his other policy preoccupations does not reveal much in this vein. For the most part, they are unremarkable jargon, empty, cautious, occasionally contradictory. In other words, squarely in the mainstream.

PHOTOS COURTESY OF MICHAEL IGNYATIEFF

MICHAEL IGNYATIEFF MAY 18, 2007

MICHAEL IGNYATIEFF MAY 18, 2007



# A vote that really counts

**Politics is broken in Canada. On May 12 B.C. could help fix it.**



ANDREW COYNE

Dear British Columbian: Know you're kind of busy right now, and maybe it's not my place, being from another province and all, but could I just ask you, on behalf of the rest of the country, to please vote? Yes to the May 12 electoral reform referendum? I wouldn't mind, except it's terribly important—important not just for B.C., but for all of us.

Because politics is broken in Canada, and electoral reform—changing the way we vote—may just be the key to fixing it.

B.C., you hold that key in your hands. If the referendum passes, it will not only transform the politics of your province, it will give electoral reform equally as the map for the country as a whole. Whereas if it fails in B.C.—after the failure of nations efforts in Ontario, Quebec and P.E.I.—it may be the last we'll see of it for some time.

By now you've probably familiar with the broad outlines of the debate. Under the old system, as we federally and in all 10 provinces, you rank as it beside the name of the candidate of your choice, and whomever gets the most votes in each riding wins. Hence its popular name: "first past the post." If you don't mind, I'd shorten that to FPTP.

Under the proposed new system—recently awarded after months of study and debate four years ago by the B.C. Citizens' Assembly, a group of randomly selected men and women from across the province—you'll instead rank your favorite candidates in order of preference: 1, 2, 3, and so on. And in place of today's single member ridings, each riding will elect several members. (Of course, that means there'll have to be fewer, larger ridings, so keep the legislature from exploding.)

Who gets it? You start by counting up the first choices. Then, as candidates are either eliminated from contention or assured of election, voters' second choices are redistributed amongst the remaining contenders. And then their third choices, and so on. (It's a little complicated, but that's the neat thing: officers' problems, not yours. All you need to



**Looking at Parliament you'd think there were no Liberals in Alberta**



know is 1, 2, 3, ...). That's why it's called the *single transferable vote*, or STV.

Why does this matter? Here's why: under the current system, the candidate with the most votes wins, no matter how few he gets. In a typical six- or seven-person race, candidates often win with as little as 30 per cent of the vote. But their candidates and his followers then get 100 per cent of the power to represent that riding.

What's true for a single riding is even more true in the aggregate. Under FPTP governments routinely win "majorities" with 35 or 40 per cent of the vote. Sometimes they even win a majority of the seats with fewer votes than their rivals. Don't know Glen Clark won B.C.'s 1996 election over Gordon Campbell. And sometimes a party will take nearly all of the seats with little more than half of the vote that's how Campbell was able to rule all but unopposed after 2000.

Under STV, by contrast, the power to represent a riding is shared. Say it's a five-member riding: if a party gets 30 per cent of the vote, it gets 30 per cent of the representation, or one member; a party that gets 40 per cent of the vote would get two members. Again, the same is true in the aggregate: a party's representation in the legislature will tend to be proportional to its share of the vote. STV is a form of "proportional representation"—PR for short. (I promise that's the last acronym.)

**Well, so what?** So the parties' share of the seats don't always precisely mirror their share of the vote. It may be a little unfair, but who ever said life was fair? (I wonder, doesn't it?)

No. We've only just begun to describe the problems with the present system. So if your new of this sounds like "it ain't broke, don't fix it" and of things, let me try to convince

you it is broken.

Let's just revisit that famous question, for starters. The issue isn't fairness for parties. It's fairness between voters. Take the last federal election (just to broaden this out from B.C., a little). The NDP won 2.2 million votes, won 37 seats, meaning it took roughly 58,000 NDP votes to win one seat. Meanwhile the Bloc Québécois, with 1.4 million votes, took 49 seats—about 35,000 votes per seat won. So, quite literally, one BQ vote won worth two NDP votes.

This is pretty fundamental. If there is a bedrock principle of our democracy, it is supposed to be one person, one vote. Every B.C. Premier Gordon Campbell (2000) was a *discovery rally* in 2000 in support of STV.

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vote is equal, and every vote counts. Yet this is simply not the case in Canada today. Indeed, if you're a Green voter, your voice might as well not have been counted at all. 918,000 Green votes were worth exactly zero seats.

Well, the Greens. What if they get seven per cent of the vote? Except that just Green voters who are disappointed in this way. The same is true of any voter in any riding who supports any other candidate but the winner. In most ridings, that's most of the voters. Strange but true: in a typical Canadian election, over half the voters... don't count.

And of course, even if you do happen to vote for the winning party, that doesn't necessarily guarantee effective representation—if you live in a “safe” seat, or indeed a safe region, such as FPTP tends to produce. Since only the leading candidate in each riding gets in, a party that can bunch its votes geographically, like the Bloc, will do relatively better than a party whose vote is spread more evenly, like the Greens. Parties that take a narrow, regional view are thus rewarded at the expense of parties with a broader, national perspective. Politics divides along regional lines, rather than along ideological differences. In place of debates, we get guesswork. Sound familiar?

The result is a highly distorted picture of the country. To look at Parliament, you would think there were no Liberals in Alberta, no Conservatives in Toronto—and that federalists were the minority in Quebec. Add to this the phenomenon of vote-splitting, which further limits voter choices, rather than simply vote for the party they like, they are forever being told they must vote against the party they dislike. Anyone who might think of starting a new party, out of dissatisfaction with the choices on offer, is likewise told not to bother: after all, they will only “split the vote.”

By now you may be grasping this is about much more than the way we count the votes, and of course you're right. The case for electoral reform isn't only about what happens on election day—it's about what happens every day in between. And that is really how we should think about FPTP: not just in terms of the distortion and anomalies it produces, but the incentives these present the political players—the rewards and penalties that accrue, depending on what strategies they choose. In essence, FPTP is a highly leveraged system: a two per cent swing in the popular vote can result in a much larger change in relative seat counts. In that tiny sliver of the vote can hang the difference between a majority government for one party, or a majority for the other.

Much of what we deplore in our politics



## If you're a Green voter, your votes might as well not have been counted

can be seen in the light. Faced with such a massive down side risk, politicians are inclined to play it safe—very safe. Hence the parties tend to hug in close to each other as they possibly can, minimising their policy differences while attacking each other in similarly poisonous terms. Only at election time do they take off the wraps, in the concentrated time frames that our campaigns allow, that typically mean the sort of wedge issue game

Gilles Duceppe (top) would lose the seat with reform, Elizabeth May would win seats that can be reliably expected to yield small gains in the short term. Because small gain is all they need.

How would PR—STV, in particular—change all that in every conceivable way. Under STV you'd have a much better chance of actually electing someone in your riding who represented your point of view, not only supporters of the leading candidate would get representation, but also second and third parties. In fact, because second and third choices, even for two-place candidates, are undervalued, everybody's vote would count. There would be less reward to various personality candidates would be more to offer each other's supporters, for fear they might need them on later ballots.

If everybody's vote counted, there would be fewer safe seats, as regional ghettos, since every riding would offer a potential gain or loss of at least a member or two, every riding would be contested—and not only among the established parties. New and small parties would now stand a fighting chance. No longer could the fear of splitting the vote be used to terrify voters into (not) a vote for a new party need no longer be considered warranted.

Among proportional representation systems, STV is noteworthy for the way in which it preserves the local representative that is the most cherished feature of our existing system. Indeed, with multiple members in each riding, voters will benefit from opportunities to represent their concerns, even between elections.

Moreover, given the chance to make their choices rather than make a single X, voters

would no longer face the Hobson's choice that so often bedevils them at present: between the candidate they like, running for a party they despise, and the candidate they loathe, running for the party they support. They can vote the party line with most of their choices, but also give a nod to a particularly fine independent or rival party candidate. And that means greater autonomy for candidates from the parties—with enough and then

### JOHN MCCALLUM DOESN'T KNOW WHAT HE DRIVES

"Here is what the Liberals know about cars - He was asked by the Windsor Star if he owned a Cadillac-built car. He said, 'I drive a North American-made car.' He was asked to be specific. He said, 'I drive a General Motors car.' An hour later he told the reporter, 'I said the wrong thing without thinking. The best of the matter is I do not own a North American car.'" -Parade Magazine. Jim Flaherty criticizing Liberal finance critic John McCallum.



## Travelling to the States? Pick two.

Starting June 1, 2009, new document requirements for Canadians crossing into the U.S. by land and sea, will help make our border more secure and more efficient. To learn more about the U.S. Western Hemisphere Travel Initiative, please visit [KnowYourBorder.gov](http://KnowYourBorder.gov).

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GOVERNMENT OF CANADA  
LE GOUVERNEMENT DU CANADA



child sheers, a candidate can get elected even without the boss' blessing.

It's true, as opponents point out, that PR would make majority governments unlikely, given how rarely a party wins more than 50 per cent of the vote. But would it really? It would certainly make one-party minorities less likely. But nothing would prevent the formation of stable multi-party (coalition) minorities, that is, not the phoney ones we have today—as is the norm in the dozens of countries around the world that use some form of PR. In this case, as forces would not mean the end of majority governments, but the beginning of it.

We think of minority governments as unstable because, in our present winner-take-all system, they're the payoff from this two per cent swing in such that every party has its finger glued over the election button, ready to grab it the instant they get a pop in the polls. But take away the leverage—let a two-per cent swing in the popular vote mean a two per cent change in seats—and everyone is forced to calm down. Politics becomes more incremental, a matter of long-term persuasion, rather than short-term gambles.

Indeed, many of the most common criticisms of PR could better be applied to FPTP laziness. That would well describe the changes of government Ontario endured in recent elections, from Bob Rae to Mike Harris to Dalton McGuinty. Or if the concern is that fringe parties, representing a tiny fraction of the population, might wield disproportionate influence—well, what do you call the parties' obsession, under the existing system, with that sliver of the electorate known as "swing voters," in whose every whim their fortunes depend?

So you see, B.C., it all comes down to you. If there's anywhere electoral reform is most desperately needed, it's probably in federal politics: the damage FPTP has done, particularly in terms of regional ghettoization, is most acute there. But reform is most likely to occur in the provincial level. And that means you. You vote twice in 2005, when you voted 50 per cent in favour of referendum of the required 60 per cent margin. If it's ever going to happen, B.C. is the place. And now is the time.

So come on B.C. Think up your courage. Show us the way. Lights on! For electoral reformers everywhere. We're depending on you.

Near friend,  
Andrew  
of The Rest of Canada //

ON THE WEB: For more Andrew Coyne, visit his blog at [www.macklean.ca/andrewcoyne](http://www.macklean.ca/andrewcoyne)

## Why MPPs aren't having more babies

BY RACHEL MENDLESON • You would think that members of Canada's provincial legislatures would enjoy a fairly progressive workplace—but apparently not. Not a single member has developed a clear policy for maternity leave, and in many cases, female members could technically be docked hundreds of dollars of pay for missing sessions to have a baby.

Charles Johnson, who last month became Newfoundland and Labrador's first ever MHA to give birth while in office, found out the hard way. She'll have to apply for approval for the time she's missing—and if she doesn't get it, she could be charged \$200 a day for her absence.

Shortly before Johnson had her daughter, the province formed a committee to look at developing guidelines for new mothers. It's a move that former Manitoba MLA Mary Ann Milguck, who had her kids while in office in the '90s, says is long overdue. "It's a bit embarrassing. We should have done this decades ago."

The lack of maternity leave guidelines can be explained, in part, by the fact that members of provincial legislatures are considered to be self-employed. They don't pay into Employment Insurance, the foundation of parental leave benefits, and often make their own hours.

Speakers of the country's legislative assemblies, who are responsible for granting leave, insist that having a baby would always justify absence. But for the handful of women who've gone through the process, that's not good enough. Juli Treby, who became the first active MLA in B.C. to give birth in 1992, returned to the legislature three days later. In 2000, the province made its regulations more flexible, but still, she worries that unclear maternity policies may be keeping young women out of politics. "We have to give them a comfort zone," she says.

Newfoundland's committee is expected to deliver its recommendations shortly—but not soon enough for Johnson. She will return to work on May 15, after taking off less than a month. Her husband, who works in the private sector, will take parental leave instead. //

## Zealous cop goes too far for Wynyard

BY NICHOLAS RÖHLER • One day last fall, RCMP Sgt. Ben Russell, the top cop in Wynyard, Sask., stopped in at a local barbershop for a haircut when he noticed the owner and his friends indulging in whiskey "American drawl," asked Russell, "who's the law?"



IMPAIRED are up and back worse the more congested out

He then, who's the law? Russell left without a haircut and removed the license plate, the next day, he stopped in again to advise the barber he should lock his door next time he drinks. It was just one in a series of by the book prosecutions that have earned Russell a reputation in the town. Saskatchewan's Dudley Do Right—and it's making the local bar owners angry.

Since last July, when the sergeant moved to town, the number of reported driving charges and liquor licence violations have more than doubled. Indeed, drunk driving charges in the area rose from 29 charges in 2002 to 48 last year. Russell admits more people are being charged because he's being more vigilant, but he can't figure out why that's upsetting people. Now, "people are not seeing in and having two or three drinks, then taking a box of beer home," says Russell. "We actually think that's responsible."

But the bar owners say the stepped-up monitoring is bad for business. "I think we need a new sergeant," says Larry Russell, owner of Wynyard's Southshore Motel Lodge. "People are scared to go in and have three beers because they know when they leave the bar they're probably going to get an impaired." Russell says his business has dropped 10 per cent since Russell doubled the number of bar with throughs conducted by his Mounties.

"It's like hunting deer in a game preserve—they've learned to get out," he says. "Right back. Sooner or later have learned a delegation: that will complain to Wynyard's mayor and council this week. Not that they're likely to get any satisfaction." He has no real history on calling the police how to do their jobs, says Wynyard town administrator Jason Chorneyko. "Ironically, the outcome will be nothing." //

## COULD LESLEY ANN SMITH BECOME THE GREAT DEFENDER?



THAT'S 'DEFENDER', AS IN 'HERE COMES THE CHIEF OF DEFENCE.'

Lesley Ann Smith just graduated from Memorial University of Newfoundland and she's picturing herself as an all-star leader. It's not that far fetched when you consider Memorial graduate and former chief of defence staff General Rick Haken (RSC '75). Like the general, Lesley Ann is military-minded—she's a naval reservist. And while the general is big on promoting education in his position as chancellor of Memorial, Lesley Ann is big on excelling at it. Dean's list, more scholarships than we can count, and a master's degree from Memorial.

So yes, Lesley Ann sure has a fighting chance.



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# HOW CAN IRAN CHANGE?

**Upcoming elections aside, U.S. engagement could turn the tide**

**BY MICHAEL PETERSON** • The contentious relationship between the United States and Iran in recent years has been easily personified by their respective presidents: George W. Bush and Mahmoud Ahmadinejad. In his 2005 State of the Union address, Bush described Iran as "the world's primary state sponsor of terror" and accused it of "pursuing nuclear weapons while depriving people of the freedom they seek and deserve." Threats of military strikes against Iran—often couched in euphemisms about "storing all options on the table"—were common throughout the Bush presidency. Ahmadinejad, for his part, called for America's ally Israel to be "wiped off the map" and generally ratcheted up bellicose rhetoric to levels not heard in years.

It's difficult to believe today that the two countries co-operated against the Taliban on the make of 9/11. And in May 2001, shortly after the American invasion of Iraq, Iran sent a message to Washington proposing what has since been dubbed a "grand bargain": to negotiate relations with the United States. The potential deal would see Iran accept a "two states approach" to solving the conflict between Israel and the Palestinians. In return, Tehran wanted an end to sanctions and America's policy of regime change, as well as recognition of Iran's "legitimate security needs" in the region. The Bush administration doubted the offer's sincerity and the ability of Iran's then reformist president Mohammad Khatami to deliver what it promised. They ignored it. Two years later Ahmadinejad became president, and relations between Iran and the United States went from frost to fire.

Now, with Iran preparing for elections this June, there are signs that Washington and Tehran may once again be drawing closer to each other. Barack Obama is a moderate and



AHMADINEJAD celebrating the 30th anniversary of the Islamic Revolution in February

playing the role of good cop and bad cop in his approach to Iran. He's reaching out to Syria, and offers to pursue a key Iranian ally and Iran's sole isolated. But he's also signalling that the United States is ready for a diplomate Iran. Obama's administration is trying to make the Persian New Year festival of Nowruz, and addressed it to both the Iranian people and their leaders. He referred to the "Islamic Republic of Iran" implicitly legitimizing the country's religious rule, and said the United States is seeking common ground and "engagement that is based on mutual respect." Not once did he mention Iran's nuclear program—the source of much of the tension between Iran and the rest of the world—nor did he make

any demands or threats. It's a startling reversal in tone and substance from Bush's stance toward Iran. But it's unlikely to amount to much as long as Bush's old nemesis Ahmadinejad remains in power. His victory in the June election is by no means guaranteed. And should he be defeated, "it comes with a mandate to change the direction of Iranian foreign policy, to change the direction of Iranian domestic policy, and really do what Obama is doing in the United States," says Mohamed Tavakoli, a professor of history and near and Middle Eastern civilizations at the University of Toronto. "It would be a shift parallel to the shift in the United States." A renewed main-

stream for Ahmadinejad, on the other hand, will continue Iran's hostility toward the United States and level, and will prolong the existing restrictions on personal freedoms and liberties that Ahmadinejad's government has imposed. Liberal newspapers will remain shut down, and the ministry police who patrol Tehran's television looking for women exposing any too much hair will stay in place.

Ahmadinejad has a decent chance of winning. He is a populist and connects with the sense of millions of Western journalists ever since—the poor and the rural. He has a modest image that is very find appealing, compared to the perceived self-importance of leading clerics such as Ayatollah Ali Khamenei, whom Ahmadinejad defeated in the 2005 presidential election. But Ahmadinejad has at least two reasons against him. While some Iranians are proud of him for standing up to the United States, many are also tired of the isolation his bellicosity has brought them. More significantly, he's made a mess of the economy and no longer has the benefit of high oil prices to shield his mistakes. "Now that the downturn is coming, they're going to find out what he really did wrong," says Daniel Slivchinsky, a scholar at the Brookings Institute who teaches and professor of economics at Virginia Tech University.

Two prominent candidates have so far declared their intention to run against Ahmadinejad: Mehdi Karubi, a senior cleric, and Mir Hossein Mousavi, a former prime minister who, like Ahmadinejad, is not a religious leader. Both men have been described as reformists, but politicians in Iran defy easy categorization, and Mousavi and Karubi are no exceptions. Karubi is a hardy critic of Ahmadinejad's foreign policy but stresses his loyalty to the idea behind Iran's 1979 Islamic Revolution. Mousavi has resented Ahmadinejad's "excesses" and has recently called for a "Green" in Iran's foreign relations. But he too supports what he describes as "religious democracy." A third candidate, Mehdi Reza, a former commander of the Islamic Revolutionary Guards Corps who is wanted by Interpol for his alleged involvement in a 1994 suicide bombing attack against a Jewish cultural centre in Buenos Aires, has also declared but has little chance of winning.

The fact that neither Karubi nor Mousavi questions Iran'socratic, theocratic system is the undercurrent of much of the election in Iran. Only candidates who are approved by the Guardian Council—a group of 12 Islamic jurists who use their position, directly or indirectly, to Iran's unelected supreme leader, Ayatollah Ali Khamenei—are permitted to run. "Non-Islamists, meaning those who do not believe in an Islamic state, they cannot possibly run. They cannot become candidates," says Saeed Rahmani, a professor of political science at York University. "There are many other reformers. There are secular reformers. But they cannot possibly run. Nobody knows their names."

Prayer, Khamenei, a professor of international law at McGill University, describes Iranian elections as a contest for power "between the clerical bourgeoisie and the bourgeoisie." Millions of Iranian citizens are secular democrats, but no Iranian politician will be permitted to challenge their cause. "To make matters worse, it is Khamenei who holds ultimate power in Iran, not the president. "Formally or not, executive, legislative, and judicial branches of government all operate under the absolute sovereignty of the supreme leader," writes Iranian journalist and former political prisoner Alireza Ghaemi in a recent essay. "Khamenei is the head of state, the commander-in-chief, and the top legislator. He also reaches out to economic, social, and cultural affairs through various government councils and organs of repression, such as the Revolutionary Guards, whose commander he himself appoints."

Because of these limitations on who can run for president, and what the president can actually accomplish, many Iranians who want fundamental changes in their country will boycott the elections. Shima Ghadi, an Iranian lawyer and Nobel Prize winner, says she will not vote. Amir Azizi, a young Iranian journalist who recently immigrated to Canada, also questions the utility of voting for Guardian Council-approved reformists. "The idea that you can gradually change the Islamic Republic into a more thing, but that might be popular middle-class and with his charisma, but it's not really so in Iran," he said in an interview with Al Jazeera.

"Our real hope for changing Iran, anyway, is the majority of people's hope, for overthrowing this government. Because I believe there is no such thing as a reformed Islamic republic." Still, Azizi thinks presidential elections in Iran can make a difference. If a reformer were elected, "we would get our books published faster. We would get our newspapers—maybe—published faster." He hopes these small changes would make the way more turbulent and lead to protests demanding more radical changes, until eventually the whole theocratic system crumbles.

## Ahmadinejad is by no means assured of victory. But ultimate power resides with the country's clerics.



Saeed Rahmani, the York University professor, says perhaps he doesn't think enough to overthrow the existing regime is realistic or even desirable. Iran's ruling class is too entrenched and too powerful. They have their own militia and multiple power bases in mosques and community organizations that dispense money and patronage. "Anybody who thinks that even reformers, as strong politicians, all their colourful revolutions, are going to work in Iran, they don't know Iranian politics," he says. The other alternative is foreign military intervention, which, he says, would drive even those most opposed to the Islamic regime to the side of the government.

Engaging Iran, on the other hand, might weaken hard-liners by taking away the spectre of a Western bogymen against which all Iranians desperately need to unite. Rahmani admits engagement comes at a cost. "But what can you do?" he asks. "Think Obama was right, much to the dismay of all of us, when he

called the "Islamic Republic" in the Islamic Republic, whether we like it or not. I mean, I don't like it, but it is. They consider it mine, and we should hope that gradually it will be improved."

An improved relationship between Iran and the United States could manage some of the pieces on the Middle East's chessboard. McGill's Payan, Alkhani says Iran's sponsorship of Hamas is based on power politics rather than ideological affinity. Iran sees Israel as a competitor and threatened by using Hamas to challenge it. "The decision [Iran and Israel] are locked into some sort of clash of civilisations between Jews and Muslims is absolutely nonsense," he says, noting that Israel provided assistance to Iran during the Iran-Iraq war. If Iran no longer felt threatened by the United States and Israel, he believes its leaders might agree to cut off Hamas.

Hizbollah, the Lebanese militia and political party, is a different story. Hizbollah is indispensable to Iran's quest for regional influence, while Hamas, its member state, is Shia Muslims, as are most Iranians. But Alkhani believes Iran might stop using Hizbollah and Iran itself to political support—which is essentially what Iran proposed in its 2001 "grand bargain" offer. "That is not going to work. It is a tight change," he says. Iran's nuclear program is also likely unchangeable, at least in the short term. "I don't think any political leader, unless he's suicidal, would question Iran's nuclear program, because it's been made such a sacred cow."

A thaw between the United States and Iran—seen with an Iranian reformist in power—would be gradual. With incremental changes that might eventually add up to a complete shift. Iran's hybrid regime is pragmatic, Alkhani says, and the two countries share common interests in Afghanistan, Pakistan, and Iraq. There is room for co-operation. The cost for America will be accommodation with the Islamic Republic and an end to a policy of regime change in Iran.

This would no doubt dismay those who would interpret such a concession by the United States as an abandonment of Iranian democracy. But Alkhani says regime change at the hands of the United States was never a practical policy. Change is more likely to come because of economic pressures and the discontent of young people in a country where 70 per cent of the population is under 30. And therefore for too young to even remember the Islamic Revolution of 1979. "The real threat to the regime comes from within," he says. "It doesn't have to do with the United States. It has to do with demographics, economic conditions, the emergence of civil society. I think the choice understood they cannot indefinitely rule." ■



SINCE 2006, more than 2,000 people have been murdered in Mexico's bloody drug wars.

## Calderón's last stand

### Mexico takes extreme measures to crush its illegal drug trade

BY PHILIPPE GORIER • Mexico could soon become the first North American country to fully legalise the possession of illegal drugs for personal consumption. A bill proposed by President Felipe Calderón and passed earlier this month by Mexico's congress would make it legal to carry up to five grams of marijuana, a half gram of cocaine, and small amounts of heroin and methamphetamine. It's expected to be signed into law within days.

While efforts to loosen Mexico's drug possession laws have proven controversial in the past, this latest attempt doesn't represent a radical departure from Mexico's current legislation. Mexican law currently allows for personal charges to be dropped if a person can prove they use an addict and the drugs found on them were for personal use. The new law simply drops the addiction requirement and sets the maximum quantities permitted, effectively taking the arresting police officer's judgement out of the equation.

According to James Bagley, a professor of international studies at the University of Miami who's written extensively about drug control policies, the reform is largely seen as freeing up personal law enforcement resources. "Mexico is trying to reduce the weight of non-violent criminals involved with drugs in its prison system," Bagley says, "in order

to make the prison system more effective, more efficient and better capable of containing the really violent criminals."

Though Calderón had loosened Mexico's drug laws in a modest one, an implication could be far-reaching. The move comes in growing violence between Mexico's drug cartels in an effort to undermine the country's fragile democratic underpinnings. Since Calderón announced a crackdown ending traffickers in 2006, more than 7,000 people have been murdered across the country, with drug cartels waging a relentless campaign of terror against the security forces charged with putting them out of business.

"In theory, any state should be powerful enough to go after any criminal," says Jorge Chaluis, a security expert at the Center for Research and Teaching in Economics in Mexico City. "The problem is that drug trafficking isn't like any other crime. The traffickers have a lot of money and they are able to corrupt almost anybody." The situation has become so dire that a recent report by the U.S. Joint Forces Command put Mexico on the same level as Pakistan with respect to the likelihood that its political institutions could suffer "a rapid and sudden collapse."

When Calderón's predecessor, Vicente Fox, moved to loosen Mexico's criminal drug laws in 2006, the U.S. pressured Mexico to abandon the idea, which it promptly did. This time, the U.S. has been emphatically silent. Given the grim state of Mexico's situation, they may very well be wondering whether Calderón's plan goes far enough. ■

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### GERMANY: ANGELA MERKEL'S UNDERPANTS

Barbershops shouting along the city's main Kaufmann shopping strip got no reply this week when they were greeted with a 1,000-kg foot image of Chancellor Angela Merkel, 54, in a purple bikini and sandals. The colossal mock-up of the well-known leader is a part of a nationwide campaign by an underwear company that gives a discount on new underwear when people trade in their old underpants. Amused shoppers are snapping pics of the ad.



## Can convicts learn from Auschwitz?

**BY KAYE LUNARD** • Every year, thousands of people visit the Auschwitz concentration camp site in Poland to tour the grounds and pay their respects to the dead. This year, an unusual group will visit: Polish convicts, who will be attending a course on the history of Auschwitz and crimes committed there, now available only to members of the Polish People's Republic. The program, which has previously been called "blood therapy," is intended to teach criminals about the dangers of violence and



**POLAND hopes to shock criminals straight with visits to Auschwitz**

opposition to gain their rehabilitation—yes, according to a Canadian expert, such programs rarely, if ever, work.

Irene Winder is a professor of criminology at the University of Ottawa, and is director of its Institute for the Prevention of Crime. The U.S., he notes, has had similar efforts to deter its most youth from crime, one program, dubbed "Shocked Strangers," used young offenders taken to maximum-security prisons, where inmates would relay the horrors of life in jail to misbehaving controlled criminals, Winder says, "these programs show ineffectiveness." What does it take to convince "any programs that actually make the risk factors leading people to crime," he says, education and mentorship programs, for example.

And whether or not inmates would benefit from visiting Auschwitz, other concerns remain. Bernice Farber, chief executive officer of the Canadian Jewish Congress, worries that using the former camp in this way is "gratuitous." Beyond that, he notes, Auschwitz must stand as a place of reverence and memory. "And," says Farber, "Auschwitz happened not because hardened criminals were let loose in the world; Auschwitz happened because ordinary people let their evil impulses take over. Auschwitz must stand as a monument to the potential forces in humankind—average humankind, not criminals." ■

## Smoke more! It's good for the economy.

**BY PATRICIA TREMBLE** • Everyone must smoke! That's the edict a Chinese county government seemed to issue recently when it ordered state employees to puff their way through 25,000 cartons of locally made cigarettes over the coming year.

To make sure every bureaucrat complied, Gongxin county, located in the central province of Hubei, even set out a monthly consumption plan. Most departments were ordered to smoke 800 cartons monthly, and schools received a 140-carton quota. At \$19 a carton, the plan was slated to force workers to buy \$670,000 worth of cigarettes this year. Organizations that failed to reach their target would have their budgets cut, while fines of 1,700 would be levied against those times caught puffing unapproved brands, reported the *China Times* newspaper.

The decree was intended to benefit local tobacco firms and, since cigarette sales account for around 10 per cent of tax income, it would also help prop up the county's balance sheet. "We're grading people to help contribute to the local economy," said Chen Naizuo of the county cigarette leadership group.

Enforcement was rigorous. On the afternoon of April 2 a "cigarette marketing team" arrived at the Zhangxian Middle School to talk to the staff about their "over-compliance." After discovering there was no problem, a teacher was told he violated the "cigarette usage rule." The school wasn't fined, but was criticized for "acts of indiscipline," accused by the Hubei government website.

Not surprisingly, there was widespread condemnation of the puffing order. "With roughly one million of China's 110 million smokers dying annually from smoking-related diseases, even the central government has been on a non-smoking kick lately. Finally, on Tuesday, Gongxin backed down." "We decided to remove this edict," as website stated. Though it still dished the decree was intended to "protect tax revenues and consumers' rights," the county admitted it had violated rules by targeting smoking work, though officials didn't disclose on the website. ■

## Spy scandal deepens rift with Russia



**RUSSIA signed a pact with two Georgian breakaway republics**

**BY ZAHRA MOHAMMAD** • For a while, it looked as if Russia and NATO were moving forward, but those hopes have now been dashed. The biggest spy scandal in NATO history is erupting into a diplomatic nightmare—and it's one that now involves Canada.

It all started when two Russian diplomats were ejected from NATO headquarters in Brussels over accusations of espionage. Viktor Kuchakov, a political desk chief stationed at the Russian mission in NATO, and mission attaché Vadim Chuchkov were stripped of their access to NATO facilities on Thursday over suspected links to convicted Russian spy Vladimir Filin.

The Kremlin was furious over the expulsion, and Russia's ambassador to NATO, Dmitry Rogozin, promised that Moscow's response would be "strong and decisive." On Tuesday, Rogozin quoted an unnamed Foreign Ministry official saying that Russia would retaliate by ordering two Canadian NATO envoys out of the country. "We were not the ones who initiated such behavior," the official is quoted as saying. "We have been forced to act this way."

Thus escalating this far is not only one of several hurdles preventing NATO and Moscow from achieving a stable relationship. Just hours before the Russian diplomats were kicked out, NATO had resumed formal talks with Russia for the first time since the country's five-day war with Georgia last August. But since then, the Kremlin has ignored NATO by taking control of the borders of the breakaway regions of Abkhazia and South Ossetia, which were at the heart of the Georgian conflict.

NATO called that a "clear contravention" of agreements reached with the EU over control of the two territories, but it's still moving ahead with plans now to make relations even worse. Despite Moscow's protests, NATO will back off military exercises in Georgia this week. ■

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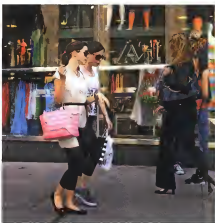
# THE FIRST STEP TO RECOVERY

**ECONOWATCH:** The free fall is over, but the comeback will be like nothing we've seen before **BY JASON KIRBY**

As Christina Romer stepped in to provide the latest economic update for U.S. lawmakers last week, they no doubt braced for another round of brutally frank and frankly chilling discussion on the state of the world's most powerful engine of wealth. Despite Romer's close work with President Barack Obama's inner circle—shortly after she did come to exited the Berkeley economics professor and expert on the Great Depression to chart America's path to recovery—few outside of the policy group would have guessed that the two would know much about her. On the surface, her comments seemed to reinforce the grim outlook that's become so pervasive since the economy went into freefall last autumn. "I'm sorry to say, but in the short run, we are still in for more bad news," she told the congressional members. "We expect to see continued declines in employment and near-unemployment rates." Then came a rare yet welcome hint: "We are beginning to see glimmers of hope that the economy is stabilizing."

Romer's tone was hardly ebullient, but her comments seemed in stark contrast to the utter despair that was gripping just weeks ago. What's more, she's been joined by a host of sage old voices of the American economy, who urge that she offering a more reassuring, if cautious, message to the world: "We're not out of the crisis yet, but the worst seems to be behind us," Paul Volcker, the 85-year-old former chairman of the Federal Reserve and the head of Obama's economic recovery advisory board, last week said the downturn is "leveling off" over the U.S. economy remains in "interim care." Then, over the weekend at the annual Berkshire Hathaway annual meeting in Omaha, Neb., the company's legendary founder and CEO Warren Buffett tried out another metaphor to convey his view of cautious optimism. "Our economy, back in September, was like finding a friend of yours in a quad-squad up when chess and it's gone down," he chuckled. "The most important thing was finding that recovery." The insight and thing was to get out of the quad-squad, and we got out."

There are people talking this way about Amer-



U.S. CONSUMER spending rose 2.2 percent in the first quarter, reflecting rising confidence

ican fortunes is remarkable. It was only two months ago that the word "depression" seemed to be on everyone's lips. Some pundits even predicted that bloody war would soon break out between collapsing nations, or that riots would run wild in the streets of America. As *Economist* magazine's editors took hold in its new offices, companies and workers grappled with staggering losses. At Mount "De Doorn" hospital, a professor of economics at New York University, and one of the first observers to accurately predict the financial crisis, last week wrote last November: "The decline of the American Empire has started."

Or so it seemed. Lastly, such optimism has been drenched out by the rise of the markets. Over the past two months, stock-market indexes, such as the Dow Jones Industrial Average and Canada's S&P/TSX composite, have recently found their way back, rising as much as 35 per cent from their lowest points in March. Six months ago investors seized on

any news, even when it was relatively positive, as a reason to flee the markets. Now, they're running back with the same determination. At a time of deepening fear of a global economic meltdown over the financial volatility of America's biggest banks and even Chrysler's bankruptcy, markets surged. The rally has already defied analyst expectations, and in the eyes of even more optimists, the laws of gravity. Many expect that some sort of pullback is inevitable. But once it occurs, how their upward momentum, it won't necessarily change the view of those who believe the world economy has turned a corner. No one is saying we're in recovery mode yet, or even that the North American economy has stopped shrinking. But what many experts are sensing is that after the destruction of some \$150 billion to \$150 trillion of global wealth, and the loss of millions of jobs, we've already endured the brunt of the bad news. "We've definitely seen signs that the

worst is now behind us," says Ian Naisanen, the director of research at fund manager MacDougal, MacDougal & MacTier. "Now it's time to begin the slow healing process. It's like an athlete who gets injured. The injury can happen in a split second, but it can take years to heal." Which leads to two questions that, until recently, seemed foolish to even consider: what will recovery look like? And what kind of economy will we have after the Great Recession has run its course?

That's why it's been hard to get a clear picture of where the economy is headed so a huge undercurrent. Since the downturn kicked into high gear last fall, with the collapse of some of the world's largest financial institutions and the ensuing credit crunch,

## Romer told Congress there are 'glimmers of hope' that the economy is stabilizing



economies have been wrestling through a slew of numbers for any hint of when we might hit bottom. For months, those searchers turned up signals that were nothing short of grim. Since the official start of the U.S. recession in December 2007, suggesting 13 million people have been thrown out of work. In Canada, where unemployment has hit eight per cent, some 117,000 jobs have been lost since October. At the same time, the economy has shrunk at an alarming rate. In the U.S., in the first quarter, GDP plunged by 6.1 per cent on an annualized basis. It was the first time since 1975 that the country's economy has shrunk three quarters in a row, all but assuring that this will be the worst economic decline since the 1930s. The Bank of Canada recently estimated

that Canada's economy contracted at a staggering annualized rate of 7.3 per cent in the first three months of the year.

With figures like these dominating the headlines, it was often said that there was no bottom in sight. Yet, in the more corners of the economy, hidden from most consumers, signs of hope have begun to emerge. Many are the types of signs that only economists can get excited about. For instance, Robert Gordon, a professor of economics at Northwestern University, recently declared the recovery will reach its lowest level this month or so. He based his analysis on historical data he'd uncovered between unemployment insurance claims and past economic cycles. Some have taken notice in China's purchasing managers index, which showed marked improvement in April. The Federal Reserve Bank of Chicago's two National Activity Index, a basket of 85 economic indicators in the U.S., first began in January, noted Paul Ridd, an economist at Northern Trust, who was among the first to predict the global recession. Others still read the U.S. Commerce Department's latest release—the one with the stunning 6.1 per cent decline in GDP—and found good news in the fact consumers in comparison have plunged, suggesting they may soon need to merge up producers to eventually restart production. These are the "green shoots" so many analysts have called about lately, the first signs

of life after an economic winter. That if you really need to understand why economists are suddenly sending signals, it comes down to two very important shifts in the U.S. economy. One has to do with the housing sector. It was America's mortal love affair with real estate that got the country into this mess, so analysts have been closely watching for signs of life and the start. In February, the S&P Case-Shiller index, which tracks house prices in America's largest urban centers, was down 18.6 per cent from the year before, and more than 30 per cent from its peak in May 2006. It's gotten so bad that in some parts of the U.S., banks are asking to sell down newly built homes rather than pay

property taxes and building insurance on homes that can't be sold. In Livermore, Calif., where city officials have begun levying hefty fines against unsold real estate projects, a town bank that owns 16 homes there has had to demolish one to knock them down. The good news is that with prices now coming to some semblance of normalcy, and with mortgage rates at record lows, buyers are beginning to look on the market. In several hot markets in California, Nevada and Florida, house sales are up between 15 and 40 per cent, after from historically low levels. This week the National Association of Realtors said pending sales of existing homes across the U.S. climbed up from February to March—the second straight monthly rise. "We need to see the housing market really bottom before we can see positive growth in the U.S., and that's beginning," says Sherry Conner, chief economist at RMO Capital Markets.

In the same way, house prices collapsed, the psyche of the all-important American consumer also ensured that just wasn't working. Rising gas prices last year already had consumers feeling anxious about their prospects when the collapse of Lehman Brothers sent America into a deep funk. Mounting layoffs only made things worse, eroding confidence to levels not seen in three decades. This is crucial, because consumers account for 70 per cent of the U.S. economy, and it didn't take long for their waning confidence to be reflected in empty shopping malls and car lots. Several big-name retailers such as Circuit City and Lumber 101, along with their copy of customers, have gone bankrupt. And as Americans worried in their spending, it sent waves of economic damage around the world—from Canada's auto plants and oil wells to China's building factories, no one is exempt from the reducing.

But just as analysts were ready to write off the American shopper, with some observers declaring an end to everything from consumer to globalization, the urge to buy has forced them back. Last week, the U.S. Commerce Department said consumer spending rose 3.3 per cent in the first quarter of the year, ending the longest stretch in 30 years. The unexpected consumer recovery has yielded more than a few pleasant surprises. For example, when glass maker Corning reported better-than-expected first-quarter results at the end of April, it attributed the success to a rebound in demand for flat-screen TVs. That's no question as consumers' needs have brightened. The Confidence

Board's index of consumer confidence shot up 2.9 points to 39.2, from 26.9 in March. That puts confidence back where it was before Lehman collapsed last fall. Nobody the dramatic rise in stock prices has fueled much of a rebound. And the consumer psyche is understandably fragile. Do economists believe that this recession has topped back from the trough? "When you're living through a downturn and everyone is talking about a depression, it always feels like it will end in calamity," says Ed Yardeni, chief economist at Yardeni Research. "But what we're learning here is that the business cycle is alive and well. Recession followed by boom."

and booms are followed by booms. This recovery will just be slower than the past."

Just as the start of the recession played out like a cruel game of dominoes—first the subprime mortgage sector collapsed, toppling the housing market, then the banks, consumer spending and employment—a recovery will require all the pieces to get back in place more or less simultaneously. But what will that recovery look like? For one thing, economists and forecasters are all over the map as to when it might really actually begin. While the consensus among economists is for growth to pick back up as early

as the third quarter, Cooper at BMO Capital and Kaseid at Northern Trust both believe it won't happen until near the end of the year. That's a forecast also shared by several bankers on both Canada and the U.S., where most rates have been slashed to near-zero. Back of Canada governor Mark Carney believes the recovery will begin later this year, and reach "full force" in 2010, though economists say any talk of a true recovery in Canada is more about the U.S. getting back on its feet. On the other end of the spectrum, pessimists like Roubini don't believe we'll see any sign of growth until well into 2011. But almost every one agrees on one thing: This recovery, even after the economy starts to grow again, won't feel like magic to ordinary people.

We've seen this lag in sentiment before. The most recent recession in Canada lasted from April 1990 to April 1992. Yet in late 1991 many Canadians were convinced the country was still slipping into a downturn. Long after the recession had officially passed, headlines in the financial press continued to ask, "Is the recession finally ending?" Given the depths of this downturn, it will take even longer to shake out the after effects. Kaseid expects the recovery will last longer than any since the Second World War.

One big reason is that even after the recession officially ended over GDP began to grow again, unemployment is likely to continue to rise for several quarters. That's been the pattern in almost every past downturn. And this time, with 15 cities in the U.S. already suffering from unemployment at or above 10 percent, it will be even worse. Several industries, such as the auto sector, media and airlines, will have slashed demand early. For instance, even if Chrysler and GM manage to get back on their feet, analysts say thousands of automotive jobs will have vanished permanently. Companies aren't likely to go on a hiring spree until they're certain the recovery is for real, says Nakatani. "No company wants to go through the process of layoffs again," he says. "That's going to be a great deal of heartache for many people."

For this reason, even forecasts expect unemployment to continue to rise well into next year. Roubini argues the unemployment rate in the U.S. will hit at least 10 percent before falling, up from a 5 percent one now. Likewise, TD Economics expects unemployment in Canada to keep climbing to the point (up from eight per cent in March) even after GDP returns to growth later this year.

Not does anyone expect a quick and speedy fix to America's housing problems. There is a huge number of evicted homeowners still living in limbo in America's suburbs, and many homeowners are under water on their houses, meaning their mortgages are greater than

the value of their property. By one estimate, 74 million mortgage holders in the U.S. are more than five per cent underwater thanks to falling house prices. Yardeni says it could take up to five years to work out all of the problems in the housing sector. "It's going to take a long time to untangle the messes of the housing bubble," he says. "Growth will have to come from other sectors."

Despite the early signs of life, economists have desisted in the overall sense, few expect shoppers to return to the go-go days of 2006. Without the wealth effect of soaring house prices, Americans will find it a lot poorer, less able to take on debt and less willing to spend on material pleasures like clothes. That isn't necessarily a bad thing, according to Peter Schiff, an economist at Euro Pacific Capital who has warned for years that the American consumer is drowning in debt. "The economy will not find a solid ground until unless consumers decide to live within their means," he said recently.

That's a message that many Americans seem to have finally begun to heed—they've put a modest dent in their staggering debt loads over the past few months. In February, total consumer debt stood at US\$2.58 trillion, a drop of US\$40 billion since the start of the year, according to the U.S. Federal Reserve. Part of that decline was due to mortgage foreclosures, but also for the people have been paying down their lines of credit and credit cards. If Americans keep up the pace, they'll have paid off 57 per cent of their revolving credit lines by the end of the year. So while it's encouraging to see Americans' consciences reacting to how to manage their checkbooks, their new-found sense of frugality is an impediment to this recovery.

"I do not think there are grounds for great optimism," Volcker said soberly. "It is going to take a while, I think, to have a strong recovery."

## Pending sales of existing U.S. homes have crept higher in both February and March

If you think of the global economy as a patient that has suffered a serious accident, it's safe to say it has stabilized. It's breathing on its own, reanimating, and starting to move in limits. But with all complex accidents, the risk of a serious setback is very real. There's so much that could go wrong with this recovery as there are hopeful signs about this recovery. It's not yet out of the ground. There are serious concerns the rising unemployment levels could lead to a fresh round of deflation. Meanwhile, some economists worry about what will happen if the stock market suddenly crashes a cliff, again, and plunges to new depths. The consumer psyche has been traumatized, and another serious dip would quickly open up old wounds. In short, the recovery is off to a very shaky start. On top of all that, fears of inflation are once again gaining ground. Government around the world have pumped trillions of dollars into the global economy to get it off its life support. The fear is such massive monetary spending could cause inflation to quickly get out of hand. "There are still significant downside risks," Roubini warns recently. "While optimism is back about growth, there is still plenty of yellow warnings."

But even if none of that happens, the most significant change in all of this may involve the value of their property. By one estimate, 74 million mortgage holders in the U.S. are more than five per cent underwater thanks to falling house prices. Yardeni says it could take up to five years to work out all of the problems in the housing sector. "It's going to take a long time to untangle the messes of the housing bubble," he says. "Growth will have to come from other sectors."

FALLING prices and interest rates are slowing new buyers into the housing market.

around our understanding of what a healthy economy looks like. Think of it in this way: If the per cent of existing economy was built on "false financial innovation, excess leverage and subprime risk management," as the *Wall Street Journal* chief economist and chief strategist at TD Securities in Toronto, wrote recently, all three legs of that stool have been sawed off. What then will the "new normal," as so many others have called it, look like?

Everyone, it seems, has an opinion. U.S. Treasury Secretary Timothy Geithner recently described how he envisions the new normal. "When we get through this, people are going to care a lot less about whether they make, more about what they do [and] what they achieve with what they make," he said. "That will help make this country stronger."

In a similar vein, says Jeffrey Sachs, the economist and director of the Earth Institute at Columbia University, believes the post-recovery U.S. will enjoy a "new sense of fairness." Others have gone further in predicting dramatic changes. In a March report, analysts at Citigroup said the U.S. has behaved like a leveraged hedge fund for decades, but that has come to an end. "Not only is the leverage and wealth creation likely to be unsustainable going forward, but if you believe, as we do, that there have been operating in a 'leveraged' economy, data is now normal in terms of economic data, profitability of companies etc. may be a shadow of the past."

Hardard has heard all of this before, and more. He's seen the U.S. economy rebound from enough crises to know it would be foolish to count it out this time. But he sees huge changes ahead. Two things seem certain, he says. With the economy likely to be led by China and India, the global balance of power is shifting. At the same time, both in America and abroad, government is likely to play a much bigger role in the economy than it has in 50 years.

Who can say, of course. Only a handful of economists accurately predicted this crisis, and it's likely few will prove accurate in their predictions of what the patient will look like when it's discharged from hospital. For now, most are happy just to have a heartbeat.

## LATEST INTELLIGENCE



**"Our economy, back in September, was like finding a friend in quicksand up to his chest and he's going down. The important thing was to get out of the quicksand, and we got out."**

—Warren Buffett, Berkshire CEO, Berkshire Hathaway

## GRAPH OF THE WEEK

**BULL RUN:** North America's stock markets hit a bottom early in March, and have staged an impressive comeback over the past eight weeks. Canadian stocks have rallied by more than 20 per cent, while the Dow Jones Industrial Average has jumped by 25 per cent. The question is: Is this the start of a sustained bull market, or just a temporary reprieve?



**THE CONFIDENCE GAME:** The sudden uptick in stock markets, combined with the recent stabilization of several economic indicators, has driven a familiar old consumer confidence over the past two months despite continued job losses. The hope is that retail sales and employment will follow, reversing the volatile cycle of the past year.



EMPLOYEE

OF THE WEEK

**FACEBOOKING WHILE SICK COSTS WOMAN HER JOB**

A Twitter fanatic who's 140 on the Facebook social networking site should read "always work" when the warning screen told her job for surfing on the site while off sick. According to her old employer, Ms. Natalie Salves, the woman said the couldn't work at a computer and needed to be in the dark because of a migraine—but fellow employees caught her on the site instead. The woman has since accused her former boss of spying on her.



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Maclean's Special Report

# HOW HEALTHY ARE YOU?

An exclusive head-to-toe health test helps Canadians gauge how they're managing everyday stresses. Plus the latest on headaches and weight.

**BY CATHY GILL** • When Jerry Timmerman of Winnipeg started swimming competitively, he was 80. That was two decades ago. Last month, Timmerman, who celebrated his centennial on Feb. 11, participated in the Manitoba Masters swim championships. "I was in the 100 to 104 age group," he says. "There was no one else competing with me. But I was satisfied because I was competing against the world's best." The result? Timmerman broke the record in each of the three events he swam: the 50- and 100-m freestyle, and the 50-m backstroke. Timmerman, who

doesn't drink or smoke, and trains every day of the week except Sunday, says the secret to a long, healthy life is simple. "I call it 'GEMS': Games, exercise, diet and maintaining a good spirit," he quips. "It works beautifully."

Better to say, Timmerman's typical. Most of us don't exercise enough, eat too much and our spirits are all too often spoiled by stress, fatigue or frustrating personal relationships. And it's showing. Since last May, more than 30,000 people visited [maclean.ca/healthy](http://maclean.ca/healthy) and took the Q-CAP test (see below), if they preferred, which was created by Timmerman's

Scoti's Health, a leader in tailored preventative health care services for individuals and organizations. The Q-CAP test, which helps people gauge their mental and physical well-being, is posted on our website again for people who haven't yet tried it, or for those who want to see how they're doing one year later. Then if you haven't taken the test, learning about symptoms is important because they affect our quality of life and longevity. Luckily all of us have experienced many of the top 10 symptoms reported: bloating and gas, fatigue, difficulty losing weight, low stamina, insufficient

sleep, cravings, congestion, headaches, muscle aches and joint pain, and dry, itchy skin.

As many of these symptoms may sound, Dr. Blaine Chin, co-founder and chief medical officer of Scienta, believes that taking them seriously is critical to stopping more severe conditions from developing. Chin, who is a pioneer in using advanced diagnostic techniques for health screening and disease prevention, says that in our everyday busyness, seemingly insignificant problems usually go unattended. "If you've got symptoms, you ignore them. You procrastinate getting help or making changes," explains Chin. "Free say, I can't deal with

that one. I've got bigger issues. It will have to wait."

Time's up. With that, our fifth "How healthy are you?" series, series an opportunity to evaluate how your body and mind are managing with daily stress. The Q-GAP test, which provides reliable, relevant insights into each individual's current and potential health problems, probes for the presence, frequency and intensity of approximately 100 symptoms of disease or discomfort. In identifying what symptoms you're experiencing, you can begin figuring out how to remedy them. Within this package there are additional stories on

obsessive headaches and itching, plus clues to help you determine and assess the severity of any symptoms.

The goal, of course, is to drive like Tim Ferriss for decades upon decades, rather than just managing. For Tim Ferriss, who will compete in the national Masters Swimming Club triathlon in mid-May, he says, however impressive, it's secondary to how old he feels. And "frankly," he says, "I don't feel old at all."

Usually, discussions about a person's health refer to physical ailments—a sore back or nagging cough. So it was startling when the latest Q-GAP results were compared to discover that psychological symptoms were the most distressing problems reported. Previously, they

were a crisis in the top five. These people parents and they lacked a sense of purpose in their professional life, and felt unhappy or frustrated with family members, a spouse or partner, the bathroom and water, and a stress almost every age group—from under 25 to 64—psychological symptoms ranked among the three biggest issues. What's more, emotional symptoms (which were the number one problem for the last seven generations of Q-GAP data), including feelings of sadness, frustration, and difficulty sleeping, were in the top three issues for women younger than 40, and even older age 45.

For Karen Seward, this sounds familiar. She works as senior vice president of business development at Sheppell & Co., which provides health services, including consulting, and legal and financial advice to employees of Canadian corporations. Seward says that the anxiety of calls to Sheppell are about mental troubles and emotional distress. During bleak economic times the number of calls spike. In fact, over the past three months, Sheppell has seen a 15 per cent increase in calls about "relationship issues," says Seward. "That summer vacation where someone's cottage on the lake might not be double this year, which puts stress and strain on a marriage," she says. "Or one of the partners has already lost their job and is not feeling valued or contributing as much."

Dr. Blaine Chin agrees to determine what might be contributing to these symptoms: Are you happy at work? Are you happy at home? "And if it's not one, it's the other, and many cases it's both," theories Chin believes there is a direct link between our ability to cope with pressures in these areas of our lives and our commitment to working for ourselves. It's noteworthy that 60 per cent of people who took the Q-GAP test last May were under age 45, whereas symptoms in our young professionals, probably with a growing family, and a slew of practical challenges and worries: "Just when people are under stress, they start to cut back on the way they eat, sleep, exercise," says Chin, "but usually, that's when you need to step it up."

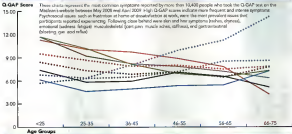
Soundboring out the top five issues among participants were hair and skin symptoms (dry, itchy or oily skin, acne, rashes, hives or eczema), musculoskeletal (joint pain or stiffness, muscle aches, back spasms), and gastrointestinal symptoms (bloating, gas, difficulty losing weight, cravings, indigestion, heartburn or acid reflux). Add fatigue, irritability and low libido to the already long list of common symptoms identified by participants, and there's no doubt, says Chin, "the average person is overwhelmed in their personal and work life impacts their health."

Concerns like Tim Ferriss and their commitment to good diet and exercise provide us with valuable lessons, but when a corner to long city, staying the price of long lived people will be just as important. "I'm not sure if researchers are trying to figure out what sort of changes occur in the cellular level as people age," says Dr. Gabriela Reuland, a medical scientist at Toronto's Hospital for Sick Children, who takes longevity. "We know that these individuals carry genes that protect them from the things that tell the clock to tick," adds Dr. Jay Chhabra, a professor at the University of Chicago, who also studies longevity. These genes produce different proteins or turn processes on or off. By iden-

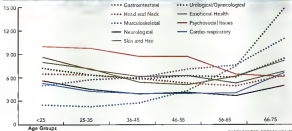
ifying those genes and then tinkering with them, we might be able to confer that advantage onto the rest of us," he says.

The key to staying that happy will be drugs. Already there is promising work being done, especially in the United States, on the development of a pill that would slow down the aging process by rewiring our bodies to minimize genetic damage. Once puberty is over, scientists suggest, people could start taking this drug daily, like a multivitamin. In a 2006 essay in the *Scientist*, Chhabra and colleagues point that this drug could delay aging and related diseases by seven years. In the future, a 50-year-old person would have the health profile and risks of someone aged 40 today, he suggests. It may

## Women: Symptoms by age



## Men: Symptoms by age



## Q-GAP Quiz

This is a new version of the Q-GAP, a 75-question test created by Scienta Health. It identifies symptoms that impact your quality of life and may indicate underlying disease. The entire test is available at [madison.qgap.healthcity.com](http://madison.qgap.healthcity.com) and can be done anonymously.

**What's your Q-GAP Score?** Read Frequency of Symptoms and circle a number—either 0, 1, 2 or 3—and then circle a number under Intensity of Symptoms. If your Frequency of Symptoms Score is 1, 2 or 3, multiply that number by your Intensity Score, and write that number in the space supplied at the end. Do the same for each question at the test. Add all those numbers to calculate your final score.

	FREQUENCY OF SYMPTOMS (circle 0, 1, 2 or 3)				INTENSITY OF SYMPTOMS (circle 0, 1, 2 or 3)			
	never	often	often	often	never	often	often	often
1. Do you experience a runny nose?	0	1	2	3	0	1	2	3
2. Do you have angry outbursts?	0	1	2	3	0	1	2	3
3. Do you feel emotional pressure when dealing with your parents?	0	1	2	3	0	1	2	3
4. Do you experience dry or itchy skin?	0	1	2	3	0	1	2	3
5. Do you have memory lapses?	0	1	2	3	0	1	2	3
6. Do you urinate frequently?	0	1	2	3	0	1	2	3
7. Do you experience swollen ankles and feet?	0	1	2	3	0	1	2	3
8. During mild exertion, do you feel breathless?	0	1	2	3	0	1	2	3
9. Do you ever experience constipation?	0	1	2	3	0	1	2	3
10. Do you have poor concentration?	0	1	2	3	0	1	2	3

**SCIENTIA HEALTH** 2 to 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41 or 42 or 43 or 44 or 45 or 46 or 47 or 48 or 49 or 50 or 51 or 52 or 53 or 54 or 55 or 56 or 57 or 58 or 59 or 60 or 61 or 62 or 63 or 64 or 65 or 66 or 67 or 68 or 69 or 70 or 71 or 72 or 73 or 74 or 75 or 76 or 77 or 78 or 79 or 80 or 81 or 82 or 83 or 84 or 85 or 86 or 87 or 88 or 89 or 90 or 91 or 92 or 93 or 94 or 95 or 96 or 97 or 98 or 99 or 100 or 101 or 102 or 103 or 104 or 105 or 106 or 107 or 108 or 109 or 110 or 111 or 112 or 113 or 114 or 115 or 116 or 117 or 118 or 119 or 120 or 121 or 122 or 123 or 124 or 125 or 126 or 127 or 128 or 129 or 130 or 131 or 132 or 133 or 134 or 135 or 136 or 137 or 138 or 139 or 140 or 141 or 142 or 143 or 144 or 145 or 146 or 147 or 148 or 149 or 150 or 151 or 152 or 153 or 154 or 155 or 156 or 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DATA SOURCE: SCIENTIA HEALTH

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HEALTH

sound far-fetched, but Olschansky believes that within our lifespan, "You and I will be taking it."

Thank you, he's a boring man. Back in 1960, Olschansky and Dr. Steven Austad, a longevity expert and a professor at the University of Texas, took \$150 each into an investment account after Austad and she believed the first human to live to 150 was alive at the time Olschansky diagnosed. Come the year 2150, if a contemporary is 50-half is alive and dead, Austad's descendants will reap the monetary rewards—which these costs have calculated will be worth half a billion dollars. If not, Olschansky's beliefs will take the pot.

History is on Austad's side in the sense that, since the 1960s, we have improved at keeping humans alive. That's partly because infant mortality rates have plummeted. "We've also gotten a lot better at keeping older people alive," says Austad, by learning how to combat infectious diseases more effectively. But Austad isn't sure that we will actually be able to extend human lifespan much further, especially given the rise of obesity-related disorders such as diabetes—often the result of our poor diets and lackluster fitness regimens. "If we're overindulging, we may reach a limit as our life styles have environmental everything else" that science can offset, she says.

How much food we eat, molecularly, drives the limits of other longevity research that's considering whether reducing our caloric

intake will decelerate the aging process. It's been shown to work in mice, worms and flies but it's unclear how effective it would be in humans, let alone rats. "We're talking about serious food reduction. This is not like going on a normal diet," cautions Austad, who notes that monkeys currently living studied are receiving 10 per cent less food than they would typically ingest. Calorie restriction is controversial—some scientists worry it may weaken bones, cause muscle catabolism, or make children/people more prone to ill or premature.

Already scientists are developing a pill to slow down the aging process

No matter how exciting this scientific research may be, none of it is immediately relevant to the average person trying to live a long, healthy life today. Researchers say that in some ways, our ability to improve our lifespan is limited to 20 per cent of our longevity is genetic—that is, when did our parents and grandparents die? The rest of it is lifestyle. "All the things that your mother probably told you to do," cautions Austad. Eat well, exercise, don't smoke, drink in moderation.

In fact, Tennessee's acreage sounds just right. He says that he never really worried about getting old or turning 100. "I just kept on plugging away." He managed to outlive his mother and father, who died at 84 and 85 respectively of heart conditions. Still, Tennessee admits that as his ceremonial career, he started to get excited. "People say, how can you enjoy old age? But I will do it."

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SKIN

## TOUGH ITCH TO SCRATCH

The science of skin problems is often better explained by a neurologist than a dermatologist

BY RAYE LEWIS • Digging up her garden one spring, Christine Jackson broke out in a "crazy itch" rash. It spread from one leg to the other, then across her entire body. "Soon I was covered head to toe with this rash that made me scratch so much at night, I was bloody," says Jackson, who lives in Ottawa. Prescription creams didn't help, and medication just made her grayer. Her doctor and dermatologist gave her hydrocortisone. Still, the itching didn't stop. "You can't focus, you can't think. All you're trying to do is get scratch, because once you do, the itch just goes worse," says

Jackson, who has scars from scratching so hard. "It is completely crazy making." Today, Jackson is executive director of the not-profit Canadian Skin Patient Alliance. "At some point," she says, "everyone in this country will have a skin disease or condition." Indeed, they may be more common than many people realize. Larynce, Marchionni and Science Health published a review in skin symptoms. Skin and hair problems were the second-most frequently cited, of those, dry, itchy skin, acne, rashes, hives and redness were







Scratching seems to short-circuit itch signals as they travel to the brain

**CHRISTINE JACKSON** broke out in a rash while gardening. "It was crazy-making," she says. "My back was itchy, but if you take too much, you get itchy," says Giesler. "Why does scratching help?" It seems so short-circuit: itch signals as they travel up the spinal cord to the brain. In an experiment with lab monkeys, Giesler (with student Steve Davidson) attached electrodes to their spinal nerves. After spraying the monkeys with an airbrush inducing itchiness and then scratching the site, they noticed the itch signal was completely shut down. Scratching might provide what brain means there just tickle in a separate study, a team from Wake Forest University Baptist Medical Center found that parts of the brain associated with unpleasant emotions and memories are less active during scratching.

But scratching doesn't require a physical cause. As anyone who's ever blushed with embarrassment or embarrassment affects the skin, too. "Stress is a natural reaction to prepare us for fight or flight," says Peter Asch of McMaster University, who holds a Canada Research Chair in neuroimmunology. "The fight, your skin isn't prepared to be damaged." According to her work, stress causes new nerves to sprout in the skin, pushing disease-fighting cells to its surface. But too much stress inflames the skin, leading to the dreaded itch. A scratcher's stress can even impact her body. Asch has found that children of women who felt stress during preg-

nancy were more likely to suffer from eczema.

Even contemplating itching can be enough to bring it on (the very act of reading this article may have left readers scratching themselves). Researchers have succeeded in making subjects feel itchy just by showing them pictures of their faces and scratch marks on the skin. "Itching definitely has a psychological aspect," Chen says. "Nobody really knows why."

Skin treatments work some of the time, and sometimes, nothing works. Dr. Elaine Chen, co-founder and chief medical officer of the Seattle Health Group, suggests an inappropriate diet (including a lack of vitamins A and C, or good fatty acids found in fish, or even a food intolerance) could be a factor. "It's a medical problem," Giesler says. "We're beginning to understand how it works, so maybe someday we can treat it."

As for Jackson, her rash remains undiagnosed (the dermatologist concluded it might be a form of eczema). After several months of treatment, it went away—although it still flares up now and then, mostly in times of stress. How does she cope? "I drink a big, big vat of heavy-duty carbons," she says. ■

OBESITY

# SIZE ISN'T EVERYTHING

New research suggests even those who appear 'thin on the outside' can be 'fat on the inside'

**BY KATE LIVING** • Two people walk onto the doctor's office. One is a young woman, aged 34, who seems relatively healthy and plays soccer on weekends. The other is a large 30-year-old man who suffers from hypertension and sleep apnea. The woman is five foot five, about 120 lb, the man is six feet tall, 265 lb. Under the doctor's microscope, both are "obese," with a body mass index of 30 or more (BMI is a ratio of weight to height). "You don't have to be a doctor, though, to realize that both patients probably have a different set of health risk factors—and require very different interventions as a result."

In most Western countries, roughly one-fifth of the adult population is obese, a con-

dition that comes with a well-known set of risks, from heart disease and diabetes to some cancers. But not all obesity is equal: beyond excess weight, many factors influence health, from fat distribution (so-called "visceral fat," which pads around the waistline, is the most dangerous), to diet, exercise and even a person's genes. "So a healthy person's people's mind, but it shouldn't be," says Dr. Arjun Sharma, scientific director of the Canadian Obesity Network and chair for obesity research and management at the University of Alberta. "Sleazy people can be unhealthy, and [large] people can be healthy over a vast range of BMIs." Research from Sharma, and others, has experts reconsidering the definition of

the biggest complaints. While itchy skin affects virtually everybody at some point, researchers are only now beginning to understand how it works, and why.

Itching is probably the least understood sensation in the human body, says Giesler. Giesler, a professor of neuroscience at the University of Minnesota, says itches arise from histamine reactions to plants or bugs, and "are generally only to treat," he says. "They're not meant to cause any harm against insects and poisons. The most 'disobedient' form of itch, though, often can't be helped: those caused by AIDS, Hodgkin's disease, or kidney failure, all of which can bring on furious bouts of itching. "Most people who complain of itching go to the dermatologist, but they only study skin," says Zhao Feng Chen, an investigator at the Washington University Pain Center. "The study of itching is either related to neurosciences, he says, 'because it affects your brain'."

While itching was long regarded as a less serious form of pain, it's not so. Der reflects reactions to pain is different: if your hand approaches a hot source (say, a fire), you instinctively pull back. But if your hand begins to itch, "you use a finger to scratch it," says Chen, who was the first to identify pain responsible for itching. "What's more, you scratch the other out." You repeat the act

with the pain of scratching," Giesler says. Other painful stimuli have also been shown to reduce itch. For example, "injecting the active ingredient in hot pepper" into the skin, or applying a very hot towel. Pain and itching, it seems, have an inverse relation-



## Skin dos & don'ts

- DO:**
- Use mild detergents to wash clothing with no bleach or fabric softener
  - Double-rinse clothing
  - Moisturize often, especially in colder weather
  - Choose cotton for bed linens and clothing
  - Reduce stress as much as possible

- DON'T:**
- Expose skin to very hot or very cold water
  - Expose skin to excessive heat or low humidity
  - Dress in synthetic fabrics or wear wool next to the skin
  - Use harsh detergents or perfumed products

SOURCE: CANADIAN DERMATOLOGY ASSOCIATION



When it comes to your health, knowledge is the best medicine

Our 20,000 employees are committed to the research and development of new medicines and vaccines and making them available to Canadians. These discoveries help you care for your family and loved ones. But all the discoveries cannot replace a healthy lifestyle. To find out about how our involvement goes beyond our discoveries, visit [www.canadapharma.org](http://www.canadapharma.org)

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"obesity" as we know it.

The patients above are described in a recent paper by Sharma and Dr. Robert Kushner, a professor at Northwestern University's Feinberg School of Medicine. In it, they note the shortcomings of current methods used to classify someone as obese or not. For example, percent "with the same BMI value can have substantial weight differences in total body fat," they write. Even those who lose some weight don't necessarily improve their "overall health or functioning." Other factors

aren't taken into account: cardiovascular fitness, for example, can hugely modify the dangers of having a high BMI. In the paper, Sharma and Kushner propose a new way to evaluate obesity. Dubbed the Edmonton Obesity Staging System, it has five stages of obesity from 0 to 4; those at the lowest stage have no apparent obesity-related risk factors or limitations, while those at stage 4 suffer from severe disabilities.

**'A healthy diet is one you can follow for life. This is a lifestyle-based disease.'**



## Unequal weight

For some, extra weight is not a huge health problem. The Edmonton Obesity Staging System is a new way to evaluate the risks of obesity.

STAGE	DESCRIPTION	MANAGEMENT
0	No apparent obesity-related risk factors (e.g., blood pressure, blood fats, etc. within normal range), no physical symptoms, no psychological concerns, no functional limitations and/or impairment of well-being	• Identification of factors contributing to observed body weight • Counseling to prevent further weight gain through lifestyle measures including healthy eating and increased physical activity
1	Presence of early stage risk factors related to obesity (e.g., blood pressure, elevated liver enzymes, etc.) mild physical symptoms (e.g., shortness of breath on moderate exercise, occasional rashes and aches, fatigue, etc.), mild psychological concerns, mild functional limitations and/or mild impairment of well-being	• Investigation for other (non-weight-related) contributors to risk factors • More intense lifestyle interventions, including diet and exercise to prevent further weight gain • Monitoring of risk factors and health status
2	Presence of established obesity-related chronic disease (e.g., hypertension, type 2 diabetes, sleep apnea, osteoarthritis, reflux disease, polycystic ovary syndrome, anxiety disorder, etc.) moderate limitations in activities of daily living and/or well-being	• Initiation of obesity treatments including consideration of all behavioral, pharmacological and surgical treatment options • Close monitoring and management of related diseases and disorders as indicated
3	Established end-organ damage such as heart attack, heart failure, diabetic complications, visual/hearing impairment, significant psychological concerns, significant functional limitations and/or impairment of well-being	• More intensive obesity treatment including consideration of all behavioral, pharmacological and surgical treatment options • Aggressive management of related diseases and disorders as indicated
4	Severe (potentially end-stage) disabilities from obesity-related chronic diseases, severe disabling psychological concerns, severe functional limitations and/or severe impairment of well-being	• Aggressive obesity management as deemed feasible • Palliative measures including pain management, occupational therapy and psychiatric support

SOURCE: DR. A.N. SHARMA AND DR. RUP KUSHNER

At every stage, the recommended treatment is vastly different: for that 1-year-old woman, (who'd be at stage 0), counseling on healthy eating and exercise would be recommended to prevent further weight gain. Our male

patient (a stage 2) would be considered for obesity treatments, and using drugs and surgery. The system is easier to use than previous other tools like BMI and waist circumference, says Sharma. "We're trying to get at, 'Why are you this way?'"

That question, it seems, is crucial. "Weight isn't just a reflection of habits and chemistry, there's a biological system that regulates it," says Paul Erberghagen, an associate professor of nutrition at Cleveland's Case Western Reserve University School of Medicine. Items possibly brought on by a bad diet, he says, are "worse for you, pound for pound" than having a genetic predisposition toward being heavy. Erberghagen showed this by feeding naturally thin rats a high-sugar, high-fat diet, and comparing them to rats that were naturally obese. The formerly thin ones, he found, had more dangerous visceral fat packed around their organs, as well as more risk factors including high blood pressure and insulin resistance.

It could help explain why some people suffer from a host of health complications, while others appear to be reasonably healthy and fit. Obesity is an established risk factor for cardiovascular disease, but a surprising number of theory individuals seem to have few or no other risk factors. In a study of Utah adults, a team from the Albert Einstein College of Medicine in New York found just over 10 percent of overweight people, and 10 percent of obese, had healthy levels of blood sugar, cholesterol, and other factors linked to heart disease. "This could stem from 'genetic differences between obese people,'" says Dr. Simeen Raza, one of the researchers. "Those at risk may have more visceral fat around their organs. Environmental factors, like diet and exercise, also play a role. 'Within the obese population, not everyone has bad outcomes,' he says.

And within the normal weight population, clearly, not all outcomes are good: almost one-quarter of people with healthy BMIs were at risk of developing heart disease, that same study showed. Even those people can carry an excess of visceral fat around the waistline, putting them at risk for everything from depression to some types of cancer. Jeremy Bell, a researcher at Imperial College in London, calls these people "thin outside, fat inside": they have healthy BMIs, he says, but "the characteristics of an obese person." The obesity epidemic, it seems, isn't so cut



## WHEN GARY TOOK THE QUAKER CHALLENGE HE FACED HIS TOUGHEST COMPETITION YET: HIS CHOLESTEROL.

Gary thought he was the picture of perfect health, and by most measures, he was. As an elite-level long distance runner, he trained hard and watched his diet carefully. So Gary was quite surprised when he discovered he was not doing enough to manage his cholesterol. He decided to take the 30-day Quaker Challenge – to improve his diet, to keep running and to be there for his wife and four kids. Foods like Quaker Oatmeal contain soluble oat fiber, which contributes to healthy cholesterol levels. Starting each day with a bowl of oatmeal Gary keeps up with his training and his family. What's your reason to take the 30-day Quaker Cholesterol Challenge?



Find out how soluble oat fiber contributes to healthy cholesterol levels. Visit [quakerchallenge.co](http://quakerchallenge.co)

and died. "We need to stop saying, 'Everyone gets a BMI over 25 and it's all right,'" says Christina Sherry, a nutritional science research fellow at the University of Illinois. "If you're trying to lose 25 lb., that stress on itself can cause more [weight] gain than the weight you're trying to lose."

There's one point, though, that's responsible to argue: heavy people who improve their diets are almost certainly better off, even if they never drop a pound. In a 2007 paper in the *Canadian Journal of Cardiology*, obesity expert Robert Ross and co-author Peter Januszewski argued for the importance of exercise, which is a contributor to weight loss and not. Physical activity reduces waist size and visceral fat deposits, even if a person's weight stays the same, it has a host of other positive effects, too. In a new study from the University of Illinois, just modest amounts of exercise—even without a change in fat—were shown to confer benefits, including less fat in the liver and better insulin sensitivity. "Exercise is medicine, period," says Ross, a professor at Queen's University. "You become physically active, and you reduce your risk for almost any disease on the planet."

But, too, exercise. "By definition, a healthy diet is something you can follow for life," he says. The same is true of any exercise program. "This is a lifestyle-based disease," Ross says. "The question is, how do we treat it with lifestyle?"

Obesity expert Jack Therese Desrosiers, a professor at University of Laval and academic director of the Interventions and Change in Cardiac metabolic Risk, has been trying to do just that. In a recently completed study, Desrosiers and his team followed 144 recently obese women who, over the course of three years, met regularly with a registered dietitian and a personal trainer. Diet and exercise programs were designed with individual subjects, and lifestyle made healthier choices. "If the patient drinks four cans of Coke a day, we say, 'It's out of the box by half,'" he offers. Their exercise preferences were taken into account, too. "The key point was to be flexible," Desrosiers says.

Results were remarkable: the women succeeded in losing large amounts of visceral fat from the waistline, even when they didn't drop a significant number of pounds. They showed a marked improvement in risk factors for diabetes and cardiovascular disease, suggesting that losing visceral fat, not achieving a "healthy weight," should be the clinical goal.

The obesity crisis may be more nuanced than we ever imagined. Its most effective treatment, though, will continue to be the most basic of all. "When you exercise and eat a balanced diet," says Ross, "you're taking the best medicine we have." ■

## HEADACHES

## IT'S ALL IN YOUR HEAD

Breakthrough treatments for tension headaches and migraines bring new hope to sufferers

**BY GABBY GUREL** After nearly 20 years of prescribing the same medication to acute headache sufferers and hearing (heavens, seemingly insatiable complaints—"The pain! The pain! The pain! The pain! The pain!"), doctors finally have good news for patients. Relief may be on the way through a slew of medical breakthroughs: from new drugs to magnetic stimulation, and maybe even a version of yoga breathing.

As long as humans have endured head-

aches, which affect all but one per cent of women and seven per cent of men, the prevailing remedies have included aspirin, ice packs or dark, quiet rooms. For your garden-variety headache, a bit of rest over the counter painkiller usually works. But for more severe or frequent headaches, there's been a dearth of miraculous cures. "They're always a failure," says Dr. Eric Maignon of the Montreal Migraine Clinic, of drugs currently available



## Headache Quiz

The HIF-6 questionnaire helps you describe how headaches affect your mood and abilities.

**INSTRUCTIONS AND SCORING:** Please select one answer for each question. If you score 50 or more, it is recommended that you talk to your doctor about your headaches.

- When you have headaches, how often is the pain severe?  
Never ☐ Rarely ☐ Sometimes ☐ Very often ☐ Always ☐
- How often do headaches limit your ability to do usual daily activities including work, household work, school or social activities?  
Never ☐ Rarely ☐ Sometimes ☐ Very often ☐ Always ☐
- When you have a headache, how often do you wish you could be asleep?  
Never ☐ Rarely ☐ Sometimes ☐ Very often ☐ Always ☐
- In the past four weeks, how often have you felt too tired to do work or daily activities because of your headache?  
Never ☐ Rarely ☐ Sometimes ☐ Very often ☐ Always ☐
- In the past four weeks, how often have you felt fed up or irritated because of your headache?  
Never ☐ Rarely ☐ Sometimes ☐ Very often ☐ Always ☐
- In the past four weeks, how often did the headache limit your ability to concentrate on work or daily activities?  
Never ☐ Rarely ☐ Sometimes ☐ Very often ☐ Always ☐

Column 1  
6 points each

Column 2  
9 points each

Column 3  
10 points each

Column 4  
10 points each

Column 5  
12 points each

To score, add points for answers in each column. Total score:

SOURCE: BLAKE STEINBERG

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that prove ineffective in some people, or are inappropriate because they conflict with other medical conditions.

The new headache treatments, for both the tension-type and migraines, could come at a better time. Headaches were the most common head and neck disorder among more than 10,000 people who took the online Q-GAP test last May. It was developed by Toronto's Sciencix Health and is posted on the Maclean's website to help readers evaluate their physical and emotional health. Participants ages 16 to 35 were especially affected, while women with statistics showing that young and middle-aged adults are most prone to headaches. "These patients suffer during the prime of their life, between the ages of 20 and 50, when they're supposed to be at their most productive," says Dr. David Dodick, a headache specialist at the Mayo Clinic in Scottsdale, Ariz.

Now there is a growing understanding of how headaches work and what to do about them, which has the medical community paying more attention. One of the most exciting developments is a new group of drugs referred to as calcitonin gene-related peptide antagonists. These work as "short-acting" medications, which relax headache muscles, temporarily ease them. The other class of headache drugs are preventives (CGRP-antagonists), which sell in clinical trials but may be on the market as early as 2011, and are effective in the current leading medications, known as triptans. The difference is that unlike triptans, CGRP antagonists do not constrict the blood vessels in contrast. These mean patients who couldn't take triptans because they have risk factors for heart disease—such as high blood pressure, diabetes or high cholesterol—or who have suffered stroke or heart attack may now have a powerful headache remedy.

Magnus calls CGRP antagonists "a break-through" and says 10 per cent of his patients will benefit from the new drugs. And it's been a while since a new headache medication has been developed. The first triptan became available in Canada in 1993, says Dr. Werner Becker, a pre-clinical neurologist in Calgary. "So it's a big reason for these headache drugs to be reported."

Perhaps even more rare than new drugs are non-medical treatments. That's why an innovative therapy called transcranial magnetic stimulation is a "hot topic," says Dodick, who is heading this research. Patients hold a device to the lower back of their heads, which delivers a non-millisecond pulse of magnetic stimulation. They don't feel anything, but that pulsing sends the neurons in the brain from abnormally discharging, thereby inter-

rupting part of the process that causes a migraine attack, hyperexcited Diodis. This has already been a focus in treating depression and setting stroke recovery, and there appear to be side effects. Magnus suspects it won't be widely offered in Canada for a while yet, but Dodick predicts it will be commercially available in the States within a year.

As high-tech and scientific as these treatments sound, there may be one more option for patients that could provide significant headache prevention: slow breathing. Magnus is informally studying patients as he tries to determine whether reducing the rate at which they breathe can actually inhibit headaches. The concept, which is derived from pranayama, is referred to at least one variation biofeedback, or BFB—and can be as effective as a preventive drug and has benefited patients with depression and fibromyalgia. Patients practice breathing techniques for minutes, rather than the usual 12 to 15, which changes their cardiac frequency. That, in turn, helps stabilize their nervous systems, which promotes relaxation—and hopefully prevents headaches. Magnus says people can try this while driving or watching TV. The challenge, he warns, will be keeping up the exercises. "You must do every day," Magnus advises. "And this is the problem: We don't have the time, or we don't take the time."

All but 1% of women and 7% of men report being affected by headaches

In fact, our lifestyle habits—eating too much, exercising too little—they actually be contributing to our headaches. Mounting scientific evidence reveals that the more overweight or obese we are—even just 10 lb. too heavy—the higher our risk of having more and more headaches.

Researcher think that excess fat leads to an increased number of inflammatory proteins in the blood that circulate and potentially cause pain nerve endings, says Dodick. It's unclear whether shedding pounds will reduce headaches. No matter, "there are a lot of reasons why patients should lose weight, and now we have another," he adds.

Another concern among physicians is medication overuse headaches, or MOH. When patients take painkillers, including non-steroidal anti-inflammatory drugs, more than 10 or 15 days a month to alleviate headaches, it can actually provoke more often because they change our brain chemistry. Becker believes it is difficult to understand that coffee drinkers experience what they call their own pain. Many studies now actually confirm caffeine. The bottom line, he says, is for patients to talk to their doctor about their headaches. "Most patients get a lot of the advice and they go for years like this unless they learn about it," says Becker, "and how to stop it." ■

## WAITER, THERE'S A DIETITIAN IN MY MENU.

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# HOW TO MANAGE PHASE SIX

**Our health officials, to their credit, appear ready for the worst**

**BY MICHAEL FREEDLANDT** • Canada's official "Pandemic Influenza Plan" is 550 pages long, including glossary and acknowledgements. The few devoted readers who make it to page 373—"Guidelines for the Management of Mass Fatalities"—will encounter a brief but blunt discussion about this nightmare scenario: If every funeral parlour in some 100 cities is at capacity, what happens in the overflow of the unburied corpses?

The local holiday areas (as long as it's winter there) might be a problem. But that's a relatively minor problem, the report says. So could a parking lot. But of all the possible storage solutions, the federal government's pandemic playbook endorses one against almost all others: "Refrigerated trucks can generally hold 15-30 bodies without additional shelving," the document declares. "To increase storage capacity, temporary storage trailers can be constructed of sufficient strength to hold the bodies. Shelters should be constructed in such a way that allows for safe movement and removal of bodies (i.e. storage of bodies above waist height is not recommended)."



**REFRIGERATED TRUCKS COULD BE USED AS MAKESHIFT MORGUES**

The "temporary morgues" write-up includes one other helpful suggestion: "To reduce any liability for business losses, municipalities should erect loading trucks with markings of a government shield or other counterpart, as the use of such trucks for the storage of corpses may result in negative implications for business life." In other words, even the worst pandemic will turn out to be a business opportunity. But a business opportunity with a body bag in the sort of image that never



gates goes away.

Two months after returning to Mexico, the world's newest strain of swine flu is showing no signs of going away, either. At last count, the new lethal virus (officially known as influenza A(H1N1)) has killed 31 people and infected 1,000 others in 21 different countries—including 162 people in Canada. The global case count is climbing so rapidly that by the time you read this article, those figures will have doubled, if not tripled. Most influenza disease experts now predict that it's only a matter of days before the World Health Organization will declare the outbreak and declare a full-blown, "Phase Six" pandemic.

The Canadian government—to its credit—is prepared for the absolute worst: When terror health officials assure us that they have been anticipating the "worst-case" for years, they're not exaggerating. Our country's pandemic response plan—550 pages—is an exhaustive, methodical collection of what-if scenarios that do take into account every conceivable scenario and answer every possible question. No detail, no matter how

minute or how morbid, is left to chance.

Should people wear surgical masks in public? (No. They are "of limited effectiveness and may provide a false sense of security.") Should hospital volunteers be asked to provide a critical medical needs check? (No. And they should register with the provincial workers' compensation board, just in case they twist an ankle—or fall victim to "accidental disease" because they're asked to "disinfect" the hospital.) Should schools and day-care centres be closed? (Perhaps. But remember, "alternate arrangements will need to be made for child care, which may lead to 'gatherings' of children outside of the school setting thus counteracting the intended benefit of the school closure.") What about other types of indoor gatherings? Should theatres and sex toy shops be shut down? (Not recommended.) "The type of measure may be feasible but compliance and sustainability might be difficult, especially because effectiveness is unproven. This is particularly true for gatherings and activities that are considered 'essential' and nonbusiness or government disruption should they be discontinued." And when it comes to the most important question—how to control the spread of the virus—there's no simple answer. "When businesses and restaurants," the report says, "would only be considered in the most extreme circumstances."

Thankfully, we're not there yet. Not even close. In fact, in Ottawa is it rounds—Phase

PHASES are of limited effectiveness and may provide a false sense of security.

Six Pandemic—the worst health scare about geography that century. The WHO doesn't even say publicly whether there is a serious human-to-human transmission in two regions of the world (North America and Asia, for example). It doesn't mean that millions of people will inevitably perish, as in 1918. So even so, not even one case of the latest strain is any more potent than your everyday flu. But it's that fear of the unknown that has the public so petrified. Because this virus is new, and because humans have no natural immunity, it's entirely possible that it will mutate into something far nastier than anything the labs have ever seen. And anything is certainly conceivable in Ottawa's master plan, a pandemic of "1918-like severity" could infect 10 million Canadians and kill 115,000 to 150,000, and kill up to 15,000. Left unchecked, a "worst-case" pandemic would be catastrophic, hitting up to two per cent of the population (more than 700,000 people). And the nation's part in a typical disaster plan is to place "Pandemic response teams" in the provinces. The first thing Canada would do at the onset of a pandemic is "lock down" its surveillance. That may sound counterproductive, but once the new flu virus has spread into the community with

relative ease, it is futile for authorities to try to keep track of every single person—not to mention every single person who could also contract with this pathogen. "Once a pandemic has been declared, you would be locking your self-isolating measures in," says Dr. Gerald Evans, an infectious disease expert at Queen's University and a member of the pandemic-planning committee. "It now becomes a matter of how you do it. It's how to do everything we can to reduce the levels of transmission, and just focusing our resources and our time to treating people who are affected."

That is easier said than done. During an especially harsh outbreak, Canadian hospitals would undergo an unprecedented surge in visitor traffic, forcing them to cancel non-emergency procedures (like hip replacements, for example) in order to free up all available resources. Some would-be emergency wards may have to ship patients to temporary facilities, such as in a hotel or a church. (Again, the report recommends taking such steps well in advance.) Adding to the chaos is the inevitable fact that up to one-quarter of all health-care workers could be infected and/or on sick leave during the pandemic. According to the plan, health departments should designate their staff and aggressively recruit reinforcements—from medical school graduates to pharmacists. "Battered and foreign trained personnel may be asked to step in."

Paradoxically, when a warning team will notice something else—no emergency or any. Such teams are notorious for spreading infection (if this is your copy of Madsen—and not the one in your doctor's office—it still wouldn't hurt to wash your hands.)

Though eventually thorough, the bulk of the federal pandemic plan is the staff of common sense. Antiviral medication has been developed, with up to 50 million doses of Tamiflu available for distribution. Hospitals at "bordering jurisdictions" should coordinate their action plans to "avoid migration as a cause of potential spread of disease." And if you're sick and weary, stay home.

The report also cautions against the fond office perk: visitors who do show up only to go to a public health facility (i.e. the Mexican army distributing flu shots on the streets of Cancun). In times like these, many often end up in small, crowded spaces in public places in the hopes of catching their head washing. Though commendable, such measures are expensive and unsustainable, and "may give people a false sense of security." Some steps for lowering the number of visitors at an office building. Unless a printer is wiping a door handle—or the elevator buttons—after every single touch, having more staff is not worth the effort or the cost.

Travel restrictions and border closures are equally pointless, especially once a pandemic is declared. Governments have no right to stop citizens to avoid non-essential travel to a certain country, but an all-out ban does little else but stoke public anxiety and hamper local economies. Besides, many people will decide on their own whether to go ahead with their vacation plans or postpone them. If you're going, your flight will be cancelled because so few people brought in—either because the government is said to "We go to Argentina next week, and I have absolutely no one to visit," says Dr. Andrew Porter, an expert in infectious disease at the University of Saskatchewan. "But one level [of] fear of Canada is going to be dying their next week."

Indeed, as our influenza playbook accurately points out, "pandemic plans should be flexible in order to be useful," and "it is not feasible to completely plan for every possible pandemic scenario." There are just too many unknown factors that are impossible to predict. Could the stock markets weather a full-fledged pandemic? Will demand for services—like parking, collection, or Internet connections—collapse as drivers of people roll in and out of work? Will your neighbourhood grocery store have enough food to go around? Or will the loss of delivery trucks be needed somewhere else? ■



**UP TO ONE-QUARTER OF HEALTH CARE STAFF COULD BE HOME SICK**



**CAN'T REMEMBER ANYTHING? EAT FATTY FOODS.** Here's another reason to reach for a chocolate bar. A study by researchers at the University of California, Irvine, found that eating fatty foods activates the part of the brain associated with memories of emotional events. The study found that when mice ate fatty foods (found in fatty foods) were given to rats. The rodents improved their memory retention in learning mazes and avoiding unpleasant experiences.



TAKING OUT THE GARBAGE: Athletes (Previous Games) have made environmental strides: Team eat organic kitchen waste by 10 per cent.

# CLEANING UP AT THE GAMES

**Close to two million fans will each create 1.3 kg of waste. VANOC has a plan.**



BY JONATHAN GATHEGHE

Anyone lucky enough to score tickets to the Vancouver 2010 Olympics knows they aren't cheap. The base cost for the gold medal game is the \$15 hockey cap out at \$75. Witnessing the hawking being handled out at men's or women's figure skating can set you back as much as \$450. And a decent view of the opening ceremonies? That will be \$2,118 each, please. Add in the taxes, delivery charges, and mandatory transportation fees, and the opportunity to cheer on Canada on home soil—even from up near the rafters—is a pricey proposition. But there are still costs that the

spectators won't see, like the debris left on the environment—an estimated 1.3 kilograms of garbage for each and every one of the 3.85 million paying customers. And the nearly 2.2 million litres more of waste that will be generated in the run-up to the games, and the long cleanup afterwards.

In a green obsessed time and place, the Vancouver Organizing Committee (VANOC) has made environmental responsibility one of its official "bottom lines" for a successful Olympics. And along with efforts to reduce greenhouse gas emissions and energy use, it has set what Ann Duffy, VANOC's corporate sustainability officer, terms as "sustainable goals" for garbage—drawing 85 per cent of all solid waste from landfills, meeting this fall through next May. That's no small challenge: The diversion rate at Toronto, where residents fill green bins with food scraps, black bins with other recyclables, and pay for what they throw away, is 64 per cent. In the environmentally

conscious metro Vancouver area, the rate is 52 per cent. Halifax, which has been meeting its goals for a decade, is only now getting close to its 60 per cent target.

What VANOC is proposing amounts to: in, some 1,000 tonnes (the total projected waste over the period is 4,358 tonnes) from local landfills. But just how it plans to climb that mountain isn't yet clear. Some programs—like mandatory recycling at its corporate headquarters and efforts to reduce paper use—or at the very least print on both sides of the page—have been in place for months. So has a corporate system to track the origin, destination, and final disposition of each of thousands of items—from travel to hotel to office chairs—used for the Games. Another part of the strategy has been a "Buy Smart" sourcing commitment that has sought to reduce waste as it occurs. Duffy sees the example of the VANOC uniforms, which EPCOR agreed to ship in bulk, packaging rather than individually wrapped.

Heavy emphasis was also put on green practices and garbage reduction in the bidding for and awarding of contracts for services at the 10 Olympic venues, two athletes' villages and media centres. The catering at emission stands, for example, is supposed to be biodegradable. And VANOC is keen to see some of Tim's careful kitchen ways duplicated in 2010, if the 2006 Games produced 90 per cent less organic waste than Salt Lake City through changes to the way food was prepared and served at the villages.



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## THE BACK PAGES

### books

Rekindling a love affair

P. 24

### fame

Unleashing a new beast

P. 25

### help

How to walk to high heels

P. 26

### music

Stevie Nicks lets loose

P. 27

### steyn

Rich of experiences

P. 28

### feschuk

You're a drag, 21st century

P. 29



# HASTA LA VISTA, ARNIE

**Arnold Schwarzenegger wasn't just the star of the 'Terminator' movies. He was the Terminator. Can the franchise survive without him? BY BRIAN D. JOHNSON**

## Film

It's rush hour at Toronto's Yonge-Bloor railway station, and Arnold Schwarzenegger is anything above, snapping photos with cell phones in a movie star's old pose on the northbound platform. There was no red carpet or limo to her old haunts. He showed up in a cube van, packed in a wooden crate, and rode down the subway escalator on a surprise, with not a lot of hooting the dead weight. Like pit buller. His skull revolved separately, in a cloth grocery bag. Seven feet tall, and weighing 280 lb., the visiting Hollywood luminary is a T-600 robot from the set of *Terminator: Salvation*. The subway was a part of a trade campaign to make the US\$100 million movie the season's biggest blockbuster. Opening May 21, it's the fourth movie in the franchise, back by Arnold Schwarzenegger—and the franchise which he's the star. Which begs the question: can the Terminator franchise survive without Arnie? If the man famous for saying "I'll be back" is gone for good, what happens to the world he left behind?

Schwarzenegger wasn't just the star of the Terminator movies. He was the Terminator. Having adopted the role as a personal brand, he was still using its catchphrase as he emerged from *Terminator: Genisys* last year. In 2009, he tried to save the world for the last time in

*Terminator: Rise of the Machines*, then set out for trying to save California, which has become a living hell. Schwarzenegger agreed to a brief cameo in the new movie, but on the condition that he would not perform—like a robot assembled from scrap, he makes a virtual appearance, screened from footage of him in the first *Terminator*. Sell, the 61-year-old California governor is happy to keep his options open. He told a U.S. blogger he was happy to see the franchise revived "in case I want to jump over again and get into the acting when I'm through here." Or when "hustle" is through with him. (Arnie's likely he won't be back. And although the new film begins a projected trilogy, the *Terminator*'s salvation may prove elusive without Arnold—the planet is the machine.)

In the *Vision* series *Model* too, the former bodybuilder was cast as a slightly more mechanical version of himself. "It was a useful rule, literally. His character could be destroyed at the end of each movie, then reborn from scratch. When T-2's last hero, John Connor, tries to jog the Terminator's memory of him from the previous movie ("Hasta la vista baby—say my hello"), Arnie's character says that was a different T-001. "What, do you guys come off an assembly line?" asks Connor. "Exactly," declares Arnie. The line could have referred to the mega-tech, which took into routine self-garage with the third movie. But *Salvation* reborn the franchise, depicting the machine in an earlier phase of its evolution. And Arnie's Terminator has been supplanted by a more primitive, less little robot without a human face—or a sense of humor.

Of course, the *Robo-Blood* race of *Terminator: Salvation* is Arnie's Christian Bale

He plays the grown-up Connor, destined to lead the human resistance against the machine takeover of the planet. He roams a post-apocalyptic landscape with co-star Sam Worthington, whippersnapper, half-robot cyborg. Worthington has a prominent pudginess. He's the lead in *Avatar*, the next sci-fi blockbuster from Canadian director James Cameron, the Dr. Frankenstein who created the Terminator and made the first two movies. And in *Salvation* he seems to be the prototype for Arnie's cyborg. You could blow him off his face off, and it wouldn't be him.

But even though Bale and Worthington share billing on *Salvation*'s movie poster, the image shows the T-600 robot—a red-eyed, heavy-metal chicken. Bale has no lack of ego, judging by his preface trade against a crew member on the set of *Salvation*, which went viral on the Internet after being surreptitiously recorded. Yet even he has to admit that he and Worthington have been sprayed by armless robots. "We went through things that I don't even want to think about," he says, "but it's not as if the machine is going to come to town. Let's just face the Terminator as one of the greatest stars of the movie. And they're going to blow everyone away."

Like Star Trek and *Mélie* Grogan. Whether use, two of the spring's other big blockbusters, *Terminator: Salvation* is a sequel of sorts. For the uninitiated, this requires some explanation. (Perhaps may want to read ahead.) The original *Terminator* is set in 1984, the year the movie came out. Schwarzenegger stars as a cyborg assassin sent from the future—2029, when the earth is ruled by a machine regime of artificial intelligence. His mission is to kill Sarah Connor before she can give birth to John, so he can't grow up to lead the resistance against the robot.

In *Terminator 2: Judgment Day* (1991), Arnie's cyborg is recast from villain to hero. He saves the resistance to save the 10-year-old Connor from a more sophisticated Terminator who has come from the future to

THE RETRO robots from *Terminator: Salvation*. Schwarzenegger is 2009's Terminator 2



Millennium. It recycled that basic storyline and set it in a decade later, with Arnie battling to protect Connor from a female Terminator. It ended with a nuclear holocaust unleashed by Myer, the computer web that brings its creation and sets about annihilating *its* enemy.

*Terminator Salvation* is the first movie in the series with no one travel. It takes place in 2018, 34 years after nuclear Armageddon. As Myer's Terminator armies terror the mixed planet, killing and colonizing humans, Connor leads the resistance with a small band of survivors, and finds a companion able to thwart his techno-megaflop played by Will Smith. Maintaining the Terminator cliché but taking female characters as serious as men (Melanie Lynskey, Connor), Connor's physician wife (Bryce Dallas Howard), and a

## Bale may be a far better actor but next to Arnie, he's a bloodless icon

hot warrior babe (Minka Kelly).

The movie marks a break from the sleek style of its predecessors. In dark industrial black reveals the head in pools of shadows of *Blade Runner* and *Mad Max*. "I didn't want a shiny robot world," says the director, who goes by the name McG and is best known for *Charlie's Angels*. He drew on influences coming from George McGovern's novel *The Road to the Chernobyl nuclear disaster*. "I wanted a distressed future. I wanted a dirty future on the coast of the machines, like they're a bunch of Soviet enemies that haven't been paired or cured up in a long time."

Although the movie employs computer graphics, its Terminator robots have been constructed as mechanical devices wherever possible. This is a throwback, considering that *Terminator 2*, which stands out as the definitive movie of the franchise, played such a pivotal role in Hollywood's embrace of digital imagery. When Connor, controlled of an villain—a digital intelligence—Terminator that behaved like a loyal ally—he had no idea how to create it. He says, "It was a leap of faith that we were going to bring the actors or failure of a \$100-million film in a



relatively unproven technology."

Just as weapons oriented in war, change the way wars are fought, the computer graphics (CG) pioneered for *T2* changed the way movies are made. They opened a Pandora's box that led to *Jurassic Park* and a whole generation of CG space races. "Terminator 2 was the breakthrough film," boasts Cameron on *T2*'s DVD on its anniversary. "When the bar was raised, then *Jurassic Park* proved it." Director Peter Jackson concurs. "Terminator 2 inspired me," he says. "It absolutely led to a level of knowledge that enabled us to do *Lord of the Rings*."

But now that CG is ubiquitous, physical effects have acquired a new cachet. Just in rock music evolved against studio staidness with punk and grunge, film values like to go back to basics. *Salvatore* includes time robot phobias with an assemblage of heavy-metal musicians. And its robots have a new look from steel and urethane under the direction

THE T-800 robot visits the Toronto subway, Christmas. Bale as John Connor in *Terminator Salvation*

of veteran creature creator Stan Winston, who died during the making of the film—are largely controlled by puppets.

One pricey device that Hollywood still has trouble controlling is the movie star. With his cover trade, Bale topped the list for press photos everywhere. Although he's still better actor than Schwarzenegger, he clearly lacks his largesse. Next to Arnie, Bale is a bloodless icon. And his signs of compelling lead performance adds up to a disturbing composite. Draw a line from the homicidal teacher in *American Psycho* to the paranoid assassin in *The Machinist*, to the brutal prisoner of war in *Rescue Dawn* to the bipolar doctor in *Dark Knight*, and what emerges is a portrait of the artist as psychopath.

Graduating from villain to hero, Arnold's Terminator has always been the protagonist. Like *Frankenstein*, he's an abhorred figure who martyrs himself for humanity, a tragic hero by default. And as a machine with a bit of voice of the truth, he's always had a droll edge. But Bale's human hero appears to be the protagonist of *Terminator Salvation* which presents a curious paradox. At the heart of the franchise, instead of a machine that acts like a human, we've got a human that acts like a machine. Bale's sense of irony seems profoundly less developed than Schwarzenegger's. During a scene around a parking lot, when the star was asked about his ironic, instead of laughing it off with a joke, he accused the crew members who recorded him of violating the "rules" of filmmaking.

And when a journalist had the irony to refer to the Terminator franchise, "Bale ripped into the journalist. 'Franchise? Just seems so money oriented,' he said. 'McDonaldis is a franchise.' The actor would prefer we call it a 'mythology.' But it seems like the most mythological thing about the Terminator is Christian Bale's overwhelming sense of his own importance—something Arnold never had to go out of his way to prove."



WE'RE STALKING: CHRIS DE BURCA

This pit is a body in red made him choose on film, but the low-budget thriller has screened his way back into the charts. De Burca's new album, *Psychology* (14 cover songs by bands like the Beatles and Bob Dylan, plus two new tracks), entered the U.K. charts at number four last week and sold 16,000 copies there. The making was his highest in almost 20 years (his last album to break the top 10 was *7000 Way Up* in 1994).

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HEAVY WEARING HEELS, avoid grass at all costs—but if you can't, then walk on your tippy toes, says High Heel Appeal's Savage. Failing

## How not to fall down in high heels

**In Vancouver, women are paying a former runway model to show them how to walk tall**

**BY JULIA MCGRINELL** • In Vancouver, a former runway model is giving classes to teach women how to walk in high heels. At 6 p.m. on a Tuesday evening, the professional-looking women, who have each paid \$25 to attend, are sitting in a seminar listening to the tips dispensed by High Heel Appeal workshop instructor Suzanne Fetting.

Forty-six-year-old Peewee Van Amoyen raises her hand to share a nightmare high heel story. "I was at Grade 12 all women dress to school that day and high heels to go with it. A boy had a crush on me coming up the hallway. I was descending a set of stairs toward him and I thought, 'Oh, I'm going to impress him.' The next thing I knew I was in a heap on the floor in front of him. That kind of sweet race off high heels for the rest of my life. I just always associated high heels after that with the danger of humiliation."

Another common telltale her story of divestment from a seven-story "On grass. Dearbill. I fall face first." Fearing means this rule in launch into a silent spot to do last. "When you're wearing heels, avoid walking on grass. It's hard to avoid stains but avoid grass. Avoid sand, gravel and dusty surfaces. If you do happen to be in that situation, rock on your tippy toes." "Fitting a weaving a backless hair tag and black tights." Her walk is almost a dancer of swords and spins in her shiny shoe. It black hairs. "Do not allow the heel of your shoe to touch the ground at all. You'll sink and you'll fall backwards. I've seen it," she says, pointing walking on grass.

"Oh my gosh yes! Who's been at the right club and seen the girl in the collection who

totally can't walk." It's not scary. Stay away from saunas. Start off small." She suggests "a knee comfortable chunky heel and work your way up to saunas."

From Ferring's closet has come an array of heel styles, now perched on a demo table. She holds up one: the 1970s bent for beginnery. "The wedge is great because you have all this contact with the ground so you have more balance and security." The wedge looks like a ramp to opposed to the perilously skewed: of a stiletto.

Glazed inside her well-worn pair of red-soled shoes polka-dot edging is a pair of shoes paid dead smokes. "My mom said, 'Take those smokes out, they're so ugly.' " Now all eyes shift to Fetting's mother, a youthful grey-haired woman who's sitting in to the room and who's already been singled out once for wearing a pair of *no-no* kitten heels. "Cute name but a deadly heel," warns Fetting. Not for the beginner. The smokes, she agrees, are ugly, "but I don't care because I can dance in these shoes for hours. They're like slippers."

Which brings her to the most important subject: customerism. "You want to look gorgeous when you're wearing heels, that's why we wear them, but we don't want to feel pain." She hands out little cards and gel packs that can be bought at shoe stores and then stuck in strategic spots on the foot.

and close to combat against pain. She also mentions around a 3.2-gal/mole for open-toed heels. "It prevents your toes from sliding forward." A product called Sure Grip is a must here, she says. "There are so many shoes out there that are really, really slick on the bottom." A Sure Grip insole stuck to the sole gives traction. Another great tip, she says, is to take your set of car keys and scruff the bottom of your shoe.

"So, should we walk in some short now?" The women don the hards they've brought. For the next 45 minutes, they learn to walk sitting their hips front-side-to-side, heads held high, shoulder blades upward together.

[illegible]

**MOST IMPROVED CHRISTIAN SALE**

The *Newsnight* revelation that he's largely kept a low profile since his abusive 33 P-worded blow-up at a crew member was leaked online in February. The 35-year-old actor recently admitted that he went "overboard" and took full responsibility for the incident that inspired several YouTube spoofs and mash-ups of the London Ball the star used to join the *News* and got angry when a crew member



MCAS is still, it's currently on stage with *Flowerwood Mac* for a semester but four. There are five remaining Concellors in need of the

## Stevie Nicks blasts Lindsay, Britney

**The Fleetwood Mac icon has harsh words for certain younger 'messy' and 'dippy' singers**

**BY ELISA-SANTILLACE** • Mary McCormack has the right to give advice to the Britney Spears and Lindsay Lohan of the world, it's Steve Nicks in her more than 30 year career as a solo singer and as one of the lead vocalists of the rock group Fleetwood Mac, the 61 year-old mom has paved the way for women in the

manor, and they And she has the wit and wit to prove it. From battles with drug addiction to emotional rollercoasters, her life is tailor-made for a Hollywood film. Which is probably why Lindsay Lohan keeps telling reporters about her burning desire to play Lohan in a yet to be made *Fleetside* Mac (begin). This has Lohan a little concerned. Via phone from a posh hotel suite in New York City, she repeats the words "over my dead body" when the mention of Lohan as Steve movie comes up. "That girl is the epitome of everything that I don't want for younger girls to be. I don't want anyone as messy as her crossing without her."

The latest Nickel is so proactive of its all going strong. This spring she has been busy producing her latest two projects—a DVD called *Life in Change* and a live CD titled *The Soundstage Sessions*—as well as collaborating on stage with Hivesweat Me on her new musical about North American rock 'n' roll with its remaining Canadian concert dates, the most Nickel performing under 50 shows, many of which are sold out. "Which explains why Hollywood ones have been bringing on her disc 'Miss of them,'" she says, "most in shows as when I first joined the band and the three live, crazy-years after that. Quite frankly, I don't blame them—they were a roller-coaster ride!"

To clarify, Nick is talking about when a site and her then lover, publisher, married Lindsey

Fuckingham became member of Floorwood Mac in 1975 (joining drummer Mick Fleetwood, vocalist Christine McVie and bassist John McVie). Shortly after the group's first album together, Nicks experienced the side effects of being in a band with three Top 20 singles. "I was a waitress and Lindsay was a telemarketer back then," Nicks recalls. "By the end of the summer, we were millionaires. It transformed our lives completely. There's almost happened and everything went berserk."

Nicks is referring to Fleetwood Mac's best-selling disc, which sold more than 20 million copies. According to Nicks, the tide of the disc was prophetic on many levels. "I fell in love with Mick [Fleetwood] at the end of the *Assault on Terrain* tour in 1970 while I was still on tour with Lindsey. Fortunately Mick and I made it to the side of the band. Around that time, people began saying that I was performing worse—worse!—which I never did—and then the band had cancer—which we never had."

On top of the widely reported false accusations, Nicki had to deal with a growing resistance abuse problem. The miracle of it all was that she was still able to wear songs (she's topped *Edge of Seventeen*, *Stand Back* and *Love's a Bitch*) while maintaining a sense of mystery about herself. That secrecy is something Nicki feels is missing in the pop stars of today. She

points to *Kinky Boots* as a prime example of a singer who has overplayed her hand beyond repair. "For her, it's all about D&G too much information. She needs to make sharing. Period. After that more info, she's not told, I believe I will never buy another one of her CDs because now I know how dippy she is." When Nicks hears that Spears cussed about audiotape malfunctions while performing on stage during her recent tour, her voice begins to thunder. "We do control the audience about your stupid sex problems," she says. "You will never, ever see a breast display in the off of your face—even if you have a hooker. It's all the song had done. People just paid money for you to take away their problems and inspire them."

Other in her brief with Brinsley, Nydia has a second of animating the newer divas on the block. "The first diva I see James get so angry about Beyoncé singing At Last," President Obama's first diva is singer Ciara. "I see that [James] is still talking about it, so she should move over for a moment." And with that, Nydia pips down, takes a breath and begins to go. "In music history, Ray Charles, Little Richard and Elvis were all the kings of rock and imagined to be quite amiable to each other. They even did those together! There is no reason why we cannot not do the same. Besides, I don't want to be known as a queen of rock. When you start having to tell people that you are the queen, you are done."

## DEPECHE MODE... HAS SOMETHING TO SAY

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Remember back at the beginning? Remember how exciting everything was? We'd heard something about you even before we met. The great 21st century? You were the century that was going to end child poverty, rid of human abuse and usher in a glorious age of global harmony. Politicians described you as post-sowing "humanitarian potential" and "transcendence promise." Bill Clinton personally built a bridge to you.

Then we met and... well, we're just going to come out and say it—what were you doing with the whole 9/11 thing? We'd just got out of a 100-year relationship defined by global conflict and, in later years, the terrifying, ever-present spectre of complete annihilation. We were looking to chill. And then, boom, you hit us with Islamic fundamentalism. Talk about coming on a little strong.

Where were we—don't get upset. It's not you, it's us. More accurately, it's us getting sick and tired of you.

You're crying. Perhaps we should have phoned that differently.

Listen up, baby, you've had your goodness. The iPod. The iPhone. The new headline-shaped minivan called the Lucky Charms. These small wonders and we love you for them. And believe us, you've still got a lot going for you as a century. Really, you do. There's the recent of history's closest to 2001. There's the not-funny-joke-in-a-Rush-Schwartz movie-a-moment. Plus, if I don't get my Star Trek rights, we're all going to miss a Valentine's Day as you say. You're no Renaissance, but on some days you best

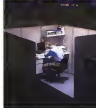
dyling from consumption in the age of 24. That said, the year 2001 was nothing like the movie 2001: A Space Odyssey. We will always hold this against you.

And we've got to be honest, baby—part of the problem is how you treat yourself. It's tough to watch sometimes. We've been with you for almost a decade now and your

Wow, how do we put this without hurting your feelings?

You're a drag, 21st century. Thanks to you, everything we used to do is done now considered bad for us. Tying a house with no money down? Bad. Eating anything with sugar or high fructose corn syrup or actual taste? Worse. Fast food makes us obese. You make our cars emit toxic global warming gas. Fast and Furious makes our baby bottoms cry. Your idea of good music is a night spent pawing on organic back while howling through our sperm filter. It's enough to make our relationship with the 16th century seem exciting by comparison—and we spent 25 of those years trying to figure out how to calculate the volume of solids.

We know you're apart, but please stop behaving like that—you're sabotaging yourselves. Look, maybe you just need to take a break, spend a little time apart. This would allow us to play the field a little—maybe not some other time frames. The 21st century sounds nice and open-minded, a longer life expectancy, some possibly nice weather. Or maybe we'll hook up again with one of our exes, like the 15th century. See, dated care was primitive at best back then and a vast cone-shaped robot was still the favored means of a self-cure. But we haven't been



**The year 2001 was nothing like the movie 2001. We will always hold this against you.**

best-selling album so far in many parts of the world is by James Blunt. Don't you have any respect? The 16th century goes as the letter J, the Gaussian calendar and the design for the first dash roller. You've given us two parameters and the personalized ring tone.

And then there's our inability to communicate. From the outset, we thought we were pretty close about such—we were fine with having a few hundred million, a couple billion legs. But already we're in respect for three billion children in our first 10 years together. That's not enough openness in the world to make a century look good after that. But that's not the real issue.

with the 18th century for more than 200 years—think of the makeup sex.

Sorry, that was insensitive. The human line that sometimes we don't even know who you are anymore. We don't understand some of the things you do. We wake up one morning and suddenly North Korea is blasting missiles into the sea, the Ebon is a movie star and we can't afford to retire. There's a lot, 21st century.

One other thing we had an affair last year with the 1970s. This is why we grew the sideburns. So sorry. ■

ON THE WEB: To read Topchick on the famous web hit blog, macleans.ca/Topchick

## MICHAEL 'MIKE' DUNN

1970-2009

A hands-on dad with a magic touch, he was also a skier, cyclist and runner: 'just legs and lungs'

Michael David Dunn was born in the London suburb of Upton, England, on Feb. 7, 1970, the eldest of three children born to John and Christine Dunn. Both worked for the sewing machine company Singer—Christine as a receptionist, and Keith in planning computer systems. Three nights a week, he moonlighted as a burrito maker at a local diner. Those were dark economic days in Britain, and in 1974, the Duns emigrated to Vancouver. Christine had visited B.C. Home near Hastings Park, where she'd read and seen pictures of the province, and little by little, grew enchanted with it.

In Canada, Robin joined ISM, and in 1980 was dispatched to Whistler. "You, the weather was awful, but the schooling was great, the kids loved it—they loved outdoor sports—and we all fell in love with Nordic skiing," says Robin. Mike, who attended Pacific Junior High and later, Port Richmond Collegiate, wasn't much for hockey or soccer, but loved to run, joining the 800 and 1,500 m middle-distance events. At 16, he received medical disqualification to enter the Manitoba Marathon, for which he and Robin had trained, every morning at 4 a.m. Come race day, however, Mike wrote a note to a dog. By mile four, he was "gasping and coughing," says Robin, who gently sent him off. "But he just walked around the ambulance, and came right back out, and won the race," finishing in five hours and five minutes—at which point his parents took him to hospital, where he was diagnosed with pneumonia. Within two years, he'd finish as the top 20.

"Mike had a pretty clear picture of what he wanted to be—a mechanical engineer," says Robin. After graduating from the University of Manitoba in 1992, he moved to Kamloops, B.C., where he began a career with Pollard Banknote Ltd., makers of security notes, whose engineering department he would, within a decade, and up more aging. At Pollard, he met Stacy, his poker opponent, who worked on the design side of proofing patterns. "Tracing, he's terrific, but we really worked well together," she explains. For seven years, the pair made an annual trek to the Sitka Coast Trail on Vancouver Island—which Mike completed 14 times, twice running the 76-km loop in three days.

There wasn't an ounce of fat on Mike, whose ideal weekend included a long run with the trio of starts he'd picked up at the SPCC, and in winter, a 50-km loppet—or Nordic ski race—or the

Overlander Six Club near Logan Lake. At six feet, he was "just legs and lungs"—but with beautiful, long eyelashes, Tracy adds. "He proposed in '95," she says, driving through "God knows where" in Nanaimo. "You're damn right, I will," Tracy shrieked. They honeymooned in Jasper. Mike, who'd moved the morning of his wedding—arriving home with just 30 minutes to shower, dress and run back out the door—had decided against packing any sports equipment. "Well, by the second day, I was peeling him off the ceiling," says Tracy. "I said, 'Go have a run.' He really needed that." Son Simon was born within three years, and Sabrina 2½ months later. "He was a very hands-on dad," says Tracy. An expert diaper changer, Mike bathed and read to the kids, and could coax a burp at anytime. "Behind that magic touch," he taught each to swim and cross-country ski, pushing "his little pecker" along between his legs.

A "nice, hollow," mechanical mind, according to Pollard vice president, Kyle Strykowski, Mike also had a passion for sports cars. His first love was a white '74 Lotus Europa. By '96, however, it had died, and so many others, as Mike picked up an even older Porsche. Over the next 12 years, he put in 2,000 odd hours on the jet Mark '93 Porsche 911, rebuilding the instrumentation, putting in new parts, repairing upholstery, vents, doors and a dash, undergoing to know almost every part dealer in North America by name. "You didn't want to breathe on it, it was so perfect," says Robin, adding that Mike was planning on his first open-top summer.

Cycling—"a great way to fit in a workout before work," says Robin—was his last passion. Three years ago, he bought a third of a mountain. Camille made Corrado and a friend, so he could drop the kids at daycare on his way to work. In 2007, he rode, to which he'd added an extra 12-km loop. "Coming out of our house, I immediately split, and they're like, 'Roger, daddy, slow!'" says Tracy. Mike never rode without his helmet and safety gear (he also had a heart rate monitor, sports watch and odometer). On April 14, when Eric went to work that year, he dropped the bike at daycare at 7:45 a.m., and pedaled toward a Pollard, heading east of Kamloops on the Trans-Canada Highway. Around 8:45, as he neared the lake, he suddenly swerved in front of an east-bound dump truck traveling in the right-hand lane. Kamloops RCMP believe his front tire blew, causing him to veer into traffic. Mike was 39.

BY HARRY MACDONALD



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